

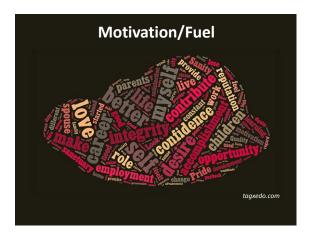


Overcoming Obstacles Exercise

Describe:

- A challenge you are currently facing.
- Way(s) you are overcoming this challenge.
- What motivates you to overcome it.





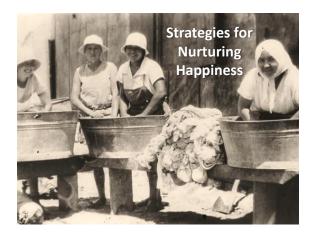


Resilience Assessment Exercise

Rate yourself on these pioneering traits:

- Courage/Risk
- Stress Tolerance
- Grit/Persistence
- Optimism/Faith It Will Work Out
- Independence
- Overall





There's an App for That!

METACOGNITION: "Think about what you think about..."

Moodscope – graph and track your ups and downs www.moodscope.com

Track Your Happiness – discover personal happiness factors www.trackyourhappiness.org

Mood Panda – track your mood and the mood of the world www.moodpanda.com

gottaFeeling – an app to tack and share your feelings www.gottafeeling.com





