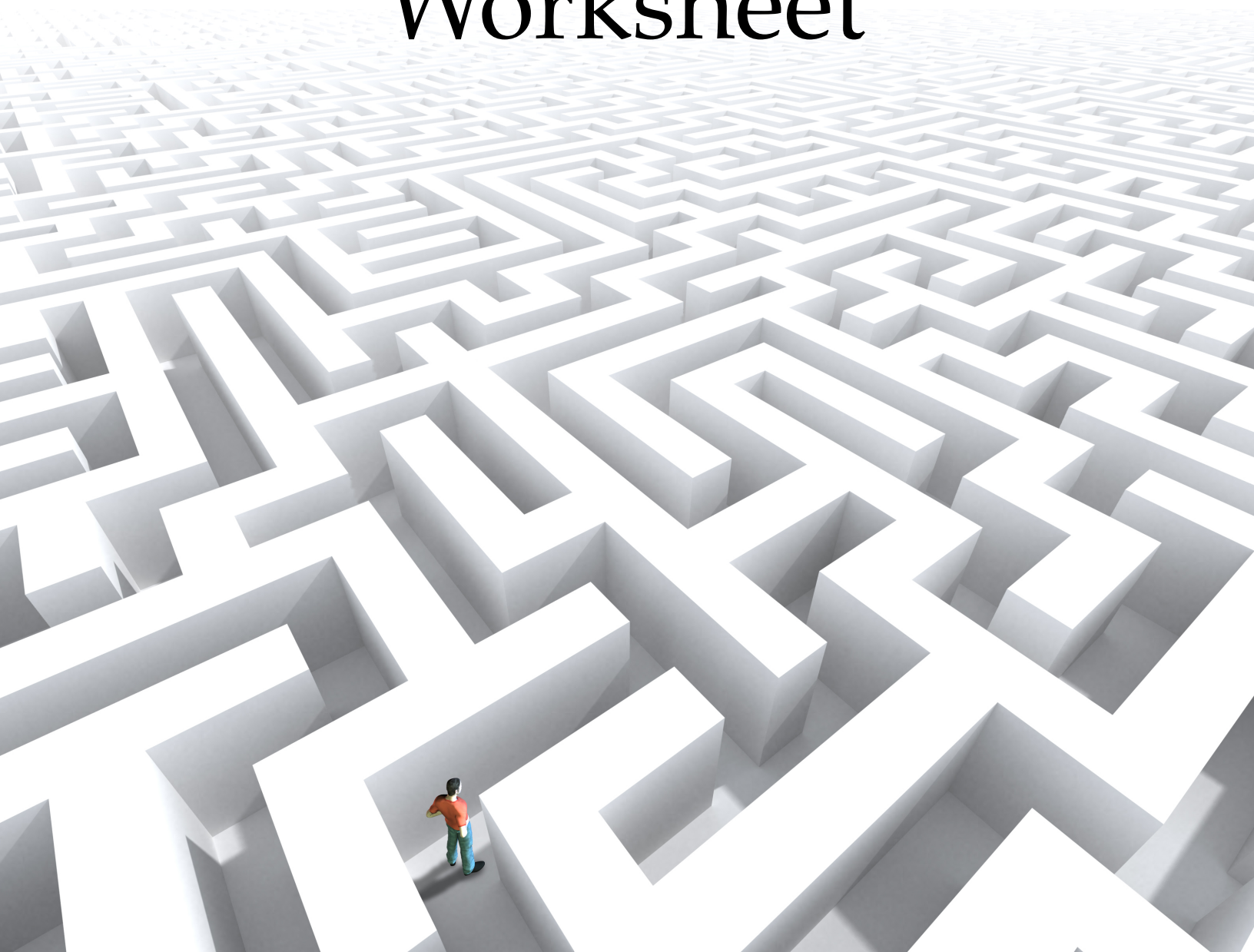


How to Overcome
CHALLENGES
Worksheet



WORKSHEET

1. Why is it important to get your mind on the right track?

2. Why should you always expect the best?

3. What do removing negative thoughts do for you?

HOW TO OVERCOME CHALLENGES

4. How can searching for the silver lining help you overcome your challenge?

5. Why should you seek solutions, instead of focusing on problems?

6. How can you think more constructively about the negative situations you face?

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7. Why should stay away from asking “what ifs?”

8. What does worrying do?

9. Why should you take advantage of readily available resources?

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10. What are resources you can turn to?

11. Why is it important to listen to friends and family?

12. Why is it important to make a plan?

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13. Why is it important to write that plan down?

14. What does taking decisive action do for you?

15. How can you learn from overcoming your challenges?
