



# FREDONIA

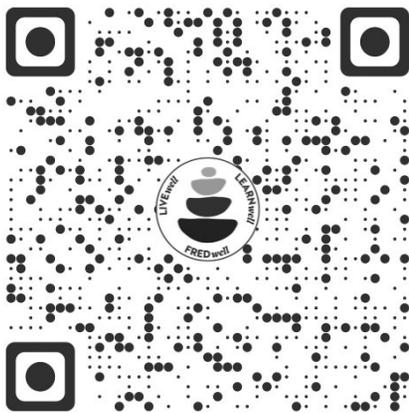
STATE UNIVERSITY OF NEW YORK

*thrive*

## Big Blue Journal

# Thrive

Presented by the Fredonia  
Counseling Center



*Designed & Created By  
Kimberly Gallivan MSEd, NCC, LMHC*

“Great things are  
done by a series  
of small things  
brought together.”

—Van Gogh

— This Journal Belongs To —

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# Welcome to the Big Blue Journal

This journal was created to help you better organize your semester and learn wellness practices, so that you can be a more satisfied and successful individual.

The journal is composed of schedule templates, tips and tricks, challenges, and healthy practices that you can explore at your own pace. We hope that the resources provided help you to *THRIVE*, rather than just survive the semester.

## Journaling Tips:

### Getting The Most Out Of Your Journal

- ▶ Make it a daily habit. Check in on your journal at least once a day. Pick a time that works best for you and set a reminder.
- ▶ Do what's helpful and leave the rest behind. Habits solidify when you do what works and don't worry about it being perfect.
- ▶ If you miss a day, that's fine, just pick it back up when you remember.
- ▶ Don't try to fill it all out at one time. Take it day by day.
- ▶ Check out the links and resources along the way.
- ▶ Don't compare your work to others. Your journal is meant to be for you and it is great the way it is.
- ▶ Don't forget you have supports when you need them.

Links to third party websites are provided. The links are provided solely as a convenience to you. Fredonia does not endorse the content of these third-party websites nor does Fredonia control or guarantee the accuracy or reliability of the content located on any third-party websites. Fredonia is not responsible and assumes no liability for the information, content or software of any third-party websites. If you decide to access third party websites, you do so at your own risk.

# Counseling Center

Cultivating a resilient and compassionate community.

*In support of Fredonia's strategic plan and baccalaureate goals, the Counseling Center will promote students' mental health, wellness, growth and development.*

The **Fredonia Counseling Center (FCC)** aspires to be a highly visible and trusted resource in which skilled and caring professionals empower students to fulfill their potential by imparting emotional regulation and communication skills; by inspiring action, hope and creativity; and by promoting behavior which demonstrates respect, responsibility and compassion for oneself, the local community, the global community and the environment.

**Skilled:** The FCC endeavors to provide high quality services. We adhere to the highest professional standards, embrace innovative clinical services, engage in ongoing professional development, and remain current with new developments in research-based clinical practice.

**Connected:** The FCC values collaboration within the center, the Division of Student Affairs, Academic Affairs, the University, and the broader community. We seek partnerships and opportunities to work with our colleagues in support of enhanced service to our students.

**Creative:** The FCC values creativity as a gateway to innovation at both individual and organizational levels. We support and encourage creative innovation to foster excellence, to enhance inclusiveness, and to provide dynamic services that are relevant to the ever-changing needs of a diverse student population.

**Responsible:** The FCC is committed to sustaining a healthy organizational climate characterized by honest, direct, and respectful communication and conflict resolution. We endeavor to create a diverse, multidisciplinary staff that values different perspectives and professional views. We manifest compassion, mutual trust, and humor in our interactions, actively creating a sense of community that is supportive and respectful of individuals finding balance in their personal and professional lives.

For information about scheduling appointments contact the Counseling Center:

TEL (716) 673-3424 • FAX (716) 673-3140 • EMAIL [counseling.center@fredonia.edu](mailto:counseling.center@fredonia.edu)  
[fredonia.edu/counseling](http://fredonia.edu/counseling)

CRISIS CONTACT University Police: (716) 673-3333

or contact the National Suicide Prevention Lifeline Call/Text/Chat 988

# THRIVE

**T**hankful  
**H**ere & Now  
**R**esources  
**I**ntention  
**V**alues  
**E**mpathy

## About THRIVE

*To thrive is to progress toward,  
or realize a goal despite,  
or because of circumstances.*

The **THRIVE** campaign is a weekly challenge for personal growth. Each week, you are provided a small segment about wellness, along with resources to consider. This is a no pressure, do at your own pace activity. The more you put into it, the more you may get out of it.

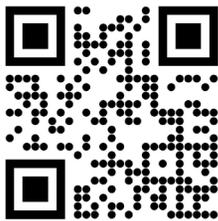
*My mission in life is not merely to survive, but to THRIVE and to do so with some passion, some compassion, some humor, and some style.*

–Maya Angelou



# Join the *Thrive* Challenge

- ▶ In addition to your journal this semester, there will be weekly events that you can participate in for a chance to win prizes.
- ▶ Check out our FREDwell webpage by scanning the QR code below for more information, as well as the campus events calendar.
- ▶ Don't forget to follow us on Instagram @ fsufredwell. 
- ▶ The more events you attend, the higher the chance to win prizes.



*Win Prizes*

## Year at a Glance

Year: \_\_\_\_\_

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FEBRUARY

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**This Semester's Motto**  
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**#1 Thing I want to Achieve**

**Places to Visit**

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- \_\_\_\_\_
- \_\_\_\_\_

**New Skills To Learn**  
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**Habits To Break**  
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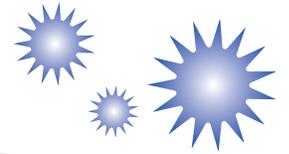
**Strengths I Have**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Believe*

**Things I want to Improve**

## Basics of Goal Setting



- ▶ Use positive language
- ▶ Set Priorities
- ▶ Set goals that you have control over
- ▶ Ensure goals that are measurable
- ▶ Keep it simple, small, and achievable
- ▶ Be specific



**IMPORTANT DATES**  
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**What is my Long-Term Vision?**  
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\_\_\_\_\_  
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**“Routine is liberating  
It makes you feel in control”  
– Carol Shields**

*Notes:*

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# SMART Goals

When setting goals, make sure it follows the smart structure.  
Use the questions below to create your goals.

**S**

**SPECIFIC:**  
WHAT DO I WANT  
TO  
ACCOMPLISH?

**M**

**MEASURABLE:**  
HOW WILL I KNOW  
WHEN IT IS  
ACCOMPLISHED?

**A**

**ACHIEVABLE:**  
HOW CAN THE  
GOAL BE  
ACCOMPLISHED?

**R**

**RELEVANT:**  
DOES THIS SEEM  
WORTHWHILE?

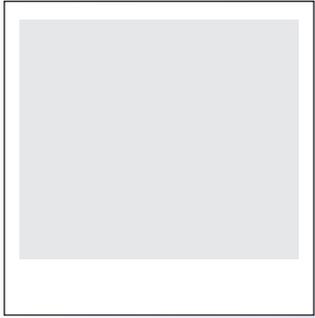
**T**

**TIME BOND:**  
WHEN CAN I  
ACCOMPLISH THIS  
GOAL?

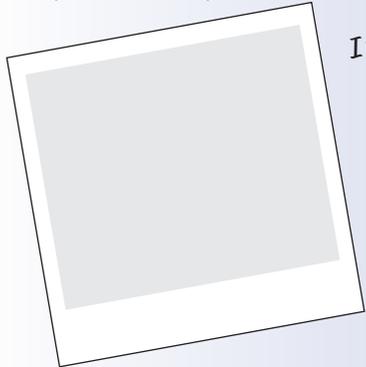
# Notes:



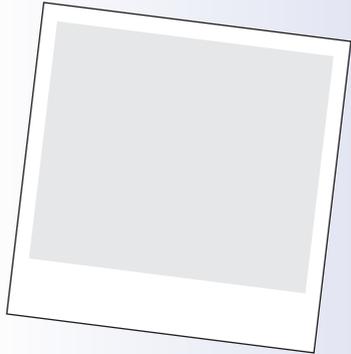
# What's Your Vision?



Resources



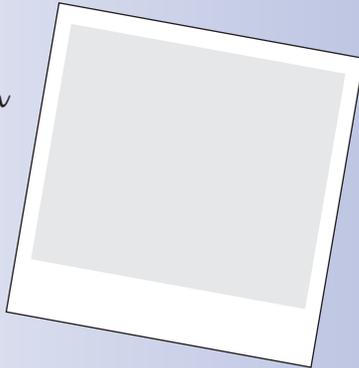
Dream



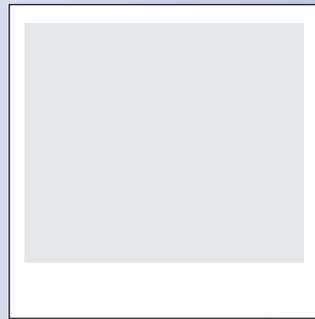
Mindfulness

Gratitude

Intention

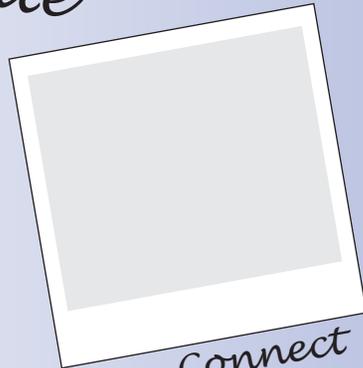


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Courage

Create



Connect

# Mindful Coloring

- ▶ This is a similar process to meditation.
- ▶ It brings attention to the present moment, allowing you to let go of past and future worries.
- ▶ This is a simple and fun way to reduce stress.





# Thankful

We spend inordinate amounts of time calculating how much we have, want, and don't have...how much everyone else has, needs, and wants. We worry about the scarcity of resources. The counterpoint to scarcity is not abundance, it's enough.

## Challenge:

Practice a Gratitude Meditation.  
Feel grateful as you reflect on all the gifts you already have in your life.



Gratitude  
Quiz



Gratitude  
Exercises



Gratitude  
Meditation

*We turn not older  
with years,  
but newer every day.*  
- Emily Dickinson



## Ways to practice gratitude:

- ▶ Think of someone for whom you are grateful.
- ▶ Say thank you with sincerity.
- ▶ Incorporate gratitude in your spirituality.
- ▶ Write three good things that you are grateful for every day.



# Thrive Week 1

## Knowledge Grab

### Gratitude

When we practice gratitude, we set the foundation for thriving by acknowledging, unapologetically, our authentic self in a world which is doing its best to make us everyone else.

#### Benefits people have noticed when practicing gratitude journaling (Jessen, 2015):

- ▶ It can help you lower your stress levels and feel calmer, especially at night.
- ▶ Journaling can give you a new perspective on what is important to you and what you truly appreciate in your life.
- ▶ By noting what you are grateful for, you can gain clarity on what you want to have more of in your life, and what you can do without.
- ▶ Gratitude journaling can help you explore and focus on what really matters to you.
- ▶ Keeping a gratitude journal helps you learn more about yourself and become more self-aware.
- ▶ Your gratitude journal is for your eyes only, so you can write anything you feel without worrying about judgment from others.
- ▶ On days when you feel down, you can read through your gratitude journal to re-adjust your attitude and remember all the good things in your life.

### 10-Minute Gratitude Exercise

Things, people & places you adore:

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One thing you've worked hard to achieve:

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One thing that's going well right now:

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Two subjects or pursuits you're passionate about:

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Two people you can count on for warm hugs and kind words:

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Three things to look forward to:

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By the end of this week I will...

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# Thrive Week 2

## Knowledge Grab

### Shifting Your Self-Talk

Your self-talk, whether you are aware of it or not, either sabotages (negative), or supports (positive) you. Negative self-talk can result in unnecessary stress, anxiety, depression, self-doubt, etc. Positive self-talk encourages self-confidence, effective coping, achievement, and a general feeling of well-being. So, ask yourself, “Is my self-talk building me up, or tearing me down?” “Is my way of thinking helping me, or is it hindering me?”

#### Week 2 Challenge

1. Think of a recent time when you were experiencing negative or unhelpful thoughts. What was the situation? How did you feel? What did you do?
2. Now, use this step-by-step guide and see if changing the way you think could possibly bring a better result.
3. Given what you have reviewed here, what is one thing you are willing to start doing that can help you better manage your negative thinking?

#### Changing Your Self-Talk

- ▶ Catch it. Recognize when you are having negative or unhelpful thoughts.
- ▶ Control it. Stop! When you find yourself thinking negatively say STOP to yourself.
- ▶ Challenge it using the challenge questions.
- ▶ Change it to more realistic/positive thoughts.
- ▶ Cherish it. Enjoy the moment!

#### Challenging Your Thoughts

- ▶ Is this thought helpful? What is a more healthy thought?
- ▶ What would I tell a friend in this situation?
- ▶ What is the evidence for/against it?
- ▶ Is there another way of looking at this situation?
- ▶ What is the worst/best/most likely outcome? How could I cope?
- ▶ Is there anything I can do about this right now?

#### Week 2 Goal:

By the end of this week, I will... \_\_\_\_\_

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***A thought, even a possibility  
can shatter us  
and transform us.***

***– Friedrich Wilhelm Nietzsche***

#### This Week's Positive Affirmations

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# WEEK 2 PLANNER

MONDAY

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TUESDAY

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FRIDAY

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WEEKEND

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DATE \_\_\_\_\_

3 GOOD THINGS:

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ENERGY LEVEL



←————→  
Low High

WATER INTAKE



HOW'S YOUR MOOD?



# WEEK 2 HABIT TRACKER

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## Weekly Resources



Positive Self-Talk



Self-Talk Video



Self-Talk & Productivity

# Here & Now

Being mindful of the present moment helps you to increase self-awareness, build stronger relationships with others and can decrease stress and worry. Mindfulness requires one to be aware of everything in the present moment, which includes their own body, physical experience, environment, surroundings as well as their emotional state, mindset, and thoughts.

Being mindful and truly in the moment requires much effort, but regular practice can help us to be more present and aware leading to a life with more intention and meaning.

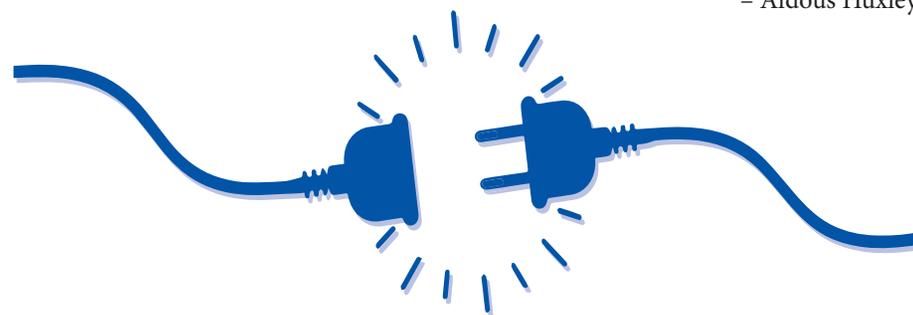
## Challenge:

Practice Mindfulness by engaging with your senses. What do you see, hear, touch, smell, and taste?



*“Silence is full of potential wisdom and wit as the unhewn marble of a great sculpture.”*

– Aldous Huxley



## UNPLUG

Challenge yourself to not look at a screen for an hour out of your day. Read a book, do a craft, put together a puzzle, take a walk and notice your surroundings. What do you see, hear, feel, smell, taste. Breathe in and out and check in with yourself.

### Reflection: How did it go?

*(Remember, this takes practice and distraction is normal. Work on noticing distraction and gently moving your mind back to the task at hand, nonjudgmentally.)*

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Tools To Be More Present



Benefits of Mindfulness



5 Minute Meditation



Body Scan Meditation

# Thrive Week 3

## Knowledge Grab

### Social Connection

- ▶ Social connection can help boost your mood and manage your emotions.
- ▶ Human connection is the sense of closeness and belonging a person can experience when having supportive relationships with those around them.
- ▶ Connection is when two or more people interact with each other and each person feels valued, seen, and heard. There's no judgment, and you feel stronger and nourished after engaging with them.
- ▶ Human connection can be a chat over coffee with a friend, a hug from a partner after a long day, or a enjoying a mutual hobby/ interest with a roommate.
- ▶ Connecting with someone doesn't have to always include words, either. Time spent in relative closeness and experience can also be a bonding experience.

*"A friend is someone with whom you dare to be yourself."* - Frank Crane



### Week 3 Challenge

For the next week, do the 7-day friendship challenge found on the following pages. Select a different friendship challenge each day. In your bullet journal reflect how each challenge went and how you may incorporate the practice in your to life.

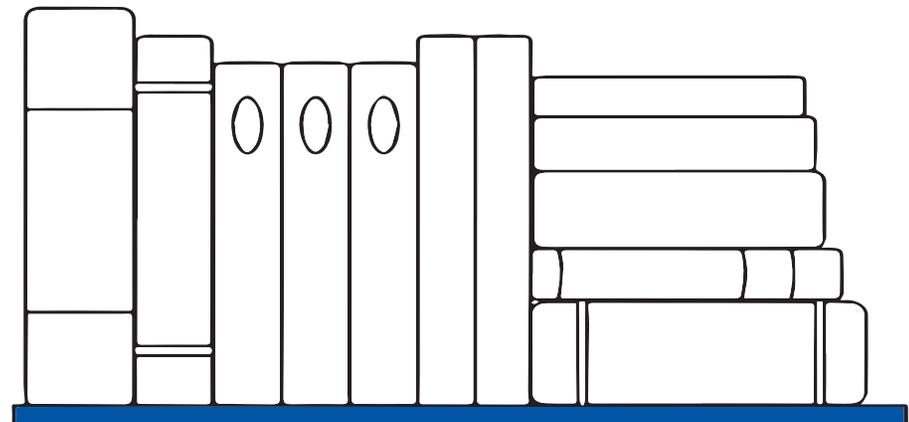
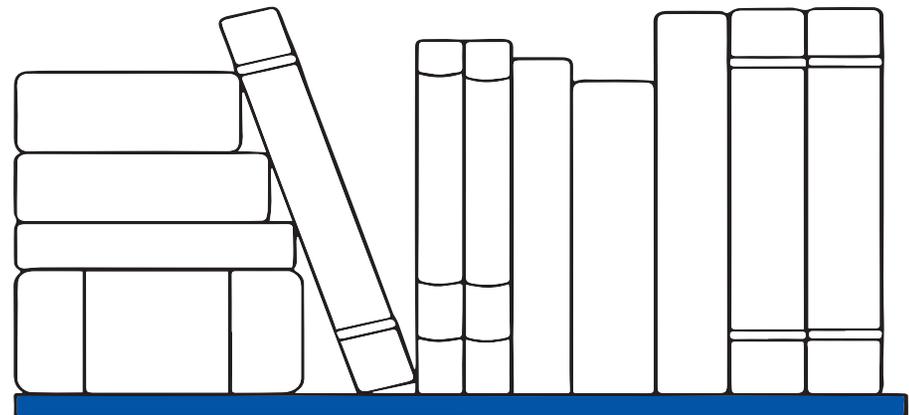
### Week 3 Goal:

By the end of this week, I will...

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**"Reading is to the mind what exercise is to the body."**

-Richard Steele

# WEEK 3 PLANNER

MONDAY

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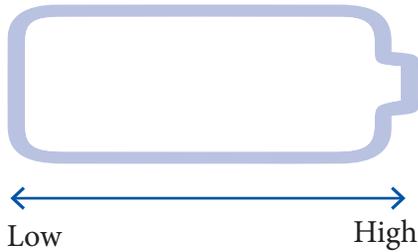


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DATE \_\_\_\_\_

3 GOOD THINGS:  
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### ENERGY LEVEL



### WATER INTAKE



### HOW'S YOUR MOOD?



# WEEK 3 HABIT TRACKER

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## Weekly Resources



The Benefits  
Of Friendships



Deepening  
Connections



Tips for  
Connection



Wired for  
Connection

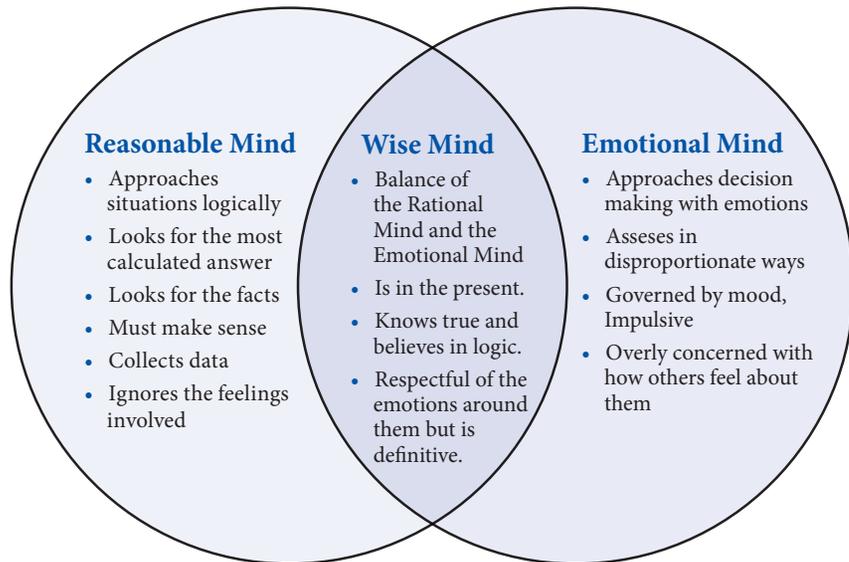


# Thrive Week 4

## Knowledge Grab

### Decision Making: Using Your Wise Mind

There is often a tendency for humans to operate from a place of pure reason or pure emotion, depending on the person, situation, or what are called pre-existing vulnerability factors (ie. sickness, exhaustion, stress, loss etc...). When we are viewing the world through either lens, we tend to behave in a way that is not the most effective for meeting our goals. In order to live the most effective and balanced lives possible, it is advantageous to learn how to integrate reason with emotion. This integration is "wise mind."



### Week 4 Challenge

Learn how you typically respond to situations/decisions (Emotion Mind, Reasonable Mind, Wise Mind). Think of a recent difficult or stressful situation. How did you respond? How would you respond from each mind state? Would you respond differently in the future?

### Week 4 Goal:

By the end of this week, I will...

### Cleaning Schedule

**daily**

- Make Bed
- Dishes
- 
- 
- 

**Weekly**

- Laundry
- Take out Garbage
- 
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- 

**bi-weekly**

- Clean Sheets
- Dust
- Floors
- 
- 

**Monthly**

- Deep Clean
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"Everything flows and nothing stays...  
You cannot step twice into the same river." - Heraclitus

"There is a wisdom of the head, and... a wisdom of the heart."  
- Charles Dickens

# WEEK 4 PLANNER

DATE \_\_\_\_\_

MONDAY

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TUESDAY

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WEEKEND

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3 GOOD THINGS:

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ENERGY LEVEL



← Low High →

WATER INTAKE



HOW'S YOUR MOOD?



# WEEK 4 HABIT TRACKER

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## Weekly Resources



Wise Mind  
Video



Wise Mind  
Resources



Wise Mind  
ACCEPTS



Wise Mind  
ACCEPTS

# Thrive Week 5

## Knowledge Grab

### Decision Making: Crisis vs. Distress

Careful decision making requires an accurate assessment of needs.  
Stop and think if the situation is a crisis or distress.

#### CRISIS

- ▶ Requires immediate action
- ▶ Consumes focus
- ▶ Disrupts the normal functioning of things
- ▶ Unplanned

#### DISTRESS

- ▶ Not a requirement but should be expected throughout the day
- ▶ Able to maintain some level of focus
- ▶ Requires patients over action
- ▶ Feelings are acceptable at some level

### The Decision Making Matrix

1. Identify the problem (detailed description, focus on the facts, accept what is on your control.)
2. Assess available resources (What do you need? What would make me happy? How can you create a path for yourself?)
3. Assess options (What do I have? What can I read? Who can I ask?)
4. Decision Evaluation (What did I create? How pleased am I with the results? What does this decision say about me? What did I learn?)

### Week 5 Challenge

Use the decision making matrix for a decision that you have to make this week. Make sure to answer each of the questions before you make your decision.

## Week 5 Goal:

By the end of this week, I will...

### MY PERSONAL CRISIS PLAN

I KNOW I'M IN CRISIS WHEN I NOTICE:

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SOME GOOD WAYS TO DISTRACT MYSELF ARE:

SOME SAFE PEOPLE I CAN REACH OUT TO ARE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

THINGS THAT HELP ME WHEN I FEEL THIS WAY:

WAYS TO KEEP MY SPACE SAFE:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### CRISIS SERVICES

**Counseling Center** (8 a.m.–4 p.m.) • 716-673-3424, LoGrasso Hall  
**Chautauqua County Crisis Hotline** (24/7) • 1-800-724-0461  
**University Police** (24/7) • 716-673-3333 on campus, 911 off campus  
**Suicide Prevention Lifeline** (24/7) • 988, Nation Wide, Call/Text/Chat  
<https://www.fredonia.edu/student-life/counseling/crisis>

*“I make the most of all that comes and the least of all that goes.”*

– Sara Teasdale

# WEEK 5 PLANNER

MONDAY

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WEDNESDAY

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3 GOOD THINGS:

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ENERGY LEVEL



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Low High

WATER INTAKE



HOW'S YOUR MOOD?



# WEEK 5 HABIT TRACKER

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## Weekly Resources



Making Mindful Decisions



Decision Making Skills



5 Steps for Decision Making

# Resources

Most people react to challenging life events and experiences with a surge of unpleasant emotions and a sense of uneasiness; yet over time, they somehow adjust and adapt. You are able to “bounce back” because you have developed behaviors, thoughts, and actions that allow you to cope with whatever life throws at you, and bounce back stronger and more steadfast than before.

*Think of a time recently when you overcame a challenge or setback in your life.*

What *supportive people* in your life kept you standing when it would have been easier to fall down?

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What *strategies* did you use to help yourself cope with any negative thoughts and feelings?

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What *sagacity* helped you bounce back from this difficulty? Sagacity is the wisdom and insight that you hold onto. It can come from song lyrics, novels, poetry, spiritual writings, quotes, or other learnings.

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What *solution-seeking* behaviors helped you actively deal with the problem? Did you problem-solve, seek out new information, plan ahead, negotiate, speak up, or ask others for help?

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*“Have you had kindness shown?”*

*Pass it on;*

*“Twas not given For The alone.”*

*– Henry Burton*

## Self-Care Checklist

### Basic Tasks

- Get 7-9 hours of sleep
- Wash your face & brush your teeth
- Shower
- Put on clean clothes
- Get fresh air

### Physical Tasks

- Drink water
- Eat a meal
- Move your body

### Mental Tasks

- Meditate
- Do something you enjoy
- Talk to a friend



Building Resilience



Problem Solving Skills



Coping Skills

# Thrive Week 6

## Knowledge Grab

### Sleep Hygiene

Sleeping less than 6 hours per night for 12 days makes your cognitive performance indistinguishable from someone who has been awake for 24 hours straight. The cognitive and physical performance of someone who has been awake for 24 hours is similar to that of someone with a blood alcohol level of 0.1% (impaired 0.08%).

#### Measurable consequences of poor sleep:

- ▶ Lower perceived life satisfaction or sense of well-being
- ▶ Worsened academic performance
- ▶ Increased psychological symptoms: anxiety, depressed mood, suicidality

#### The benefits of getting 7-9 hrs of sleep:

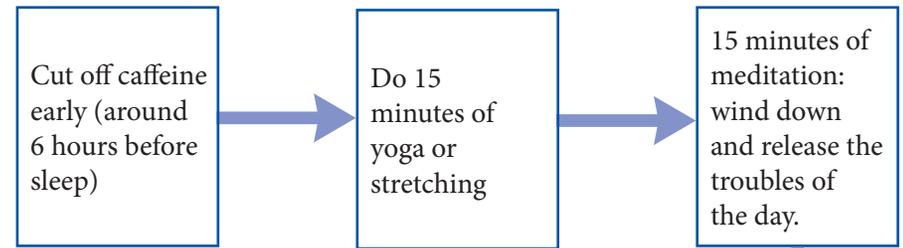
- ▶ Improves health, creativity, memory, attention, and happiness. It makes you more attractive, lowers food cravings, stabilizes weight, promotes healing, and emotional well-being.
- ▶ The FDA recommends that you consume no more than 100-200 mg of caffeine in a 3-4 hour period, and not more than 400 mg per day.

Waking up at the same time everyday helps to reset your natural, biological rhythms. Catching up on sleep by sleeping in on weekends and/or napping more than 30 minutes during the day may inhibit your natural sleep rhythms.

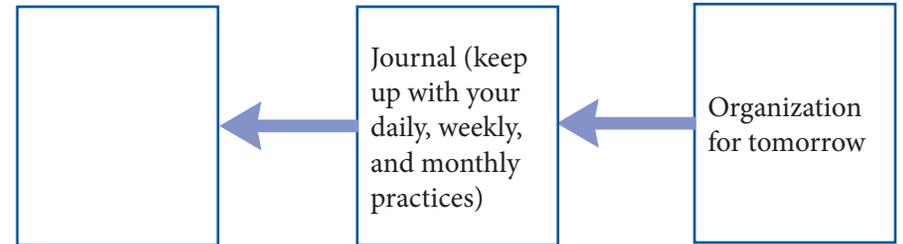
It takes approximately 2 hours for your brain to go from awake to sleep. Watching movies and scrolling through social media while in bed stimulates awakesness. Reading for pleasure, practicing mindfulness/relaxation, and stretching will help to prepare your body for sleep.

### Week 6 Challenge

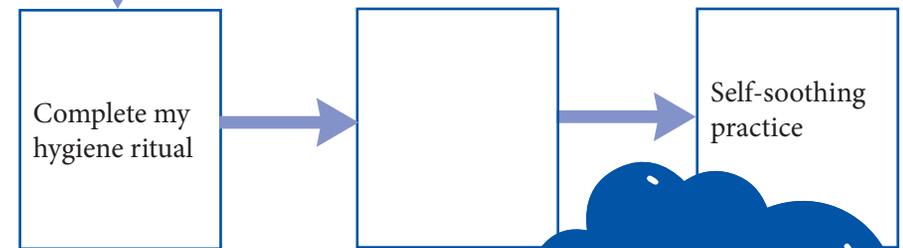
- ▶ Set a wake-up time that will allow you to start your day with intention.
- ▶ Allow for enough time for self-care.
- ▶ Establish your sleep schedule by allowing for 7-9 hours of sleep.
- ▶ Begin to release your brain from activity 2 hours prior to your established bedtime.
- ▶ If you want to wake up at 8am daily. You should aim to be asleep by 12 a.m. Start to relax your active brain at 10 p.m.



## EVENING



## ROUTINE



*“Great thoughts come from the heart.”*

- Luc de Clapier, Marquis de Vauvenargues

### Week 6 Goal:

By the end of this week, I will... \_\_\_\_\_



# Thrive Week 7

## Knowledge Grab

### Regulating Emotions

Marsha Linehan, Psychologist and creator of Dialectical Behavior Therapy

A

#### ACCUMULATE POSITIVE EMOTIONS

**Short Term:** Do pleasant things that are possible now.

**Long Term:** Make changes in your life so that positive events will happen more often in the future, Build a “life worth living.”

B

#### BUILD MASTERY

Do things that make you feel competent and effective to combat helplessness and hoplessness.

C

#### COPE AHEAD OF TIME WITH EMOTIONAL SITUATIONS

Rehearse a plan ahead of time so that you are prepared to cope skilfully with emotional situations.

## PLEASE

1. Treat **Physical** Illness- Take care of your body. See a doctor when necessary.
2. Balance **Eating**- Don't eat too much/little. Eat regularly and mindfully.
3. **A**void Mood Altering Substances- Use alcohol in moderation, if at all.
4. Balance **Sleep**- Try to get 7–9 hours of sleep per night.
5. Get **E**xercise- Do some exercise every day. Try to build up to 20 minutes/day.

### Week 7 Challenge

Practice PLEASE skills and the ABCs. Note any positive changes throughout the week.

## MEAL PLANNER

### Breakfast

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### Snack

### Lunch

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### Snack

### Dinner

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### Snack

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#### Meal Ideas:

For breakfast, lunch & dinner, rule of thumb: 2x the serving size on the table, or 1 cup of each of the following groupings:

Milk, Yogurt, Cheese, Frozen Yogurt, Tofu

Cereal, Bagels, Bread, Crackers, Rice, Potatoes, Pasta, Corn

Butter, Margarine, Peanut Butter, Cheese, Cream Cheese, Salad Dressing, Mayonnaise, Sauces, Muffins, Bacon, Nuts, Egg Yolks, Fried/Sauteed Foods, Chips, Ice Cream

Fresh, Cooked, Dried, Canned, Juiced Fruits and Vegetables

Meat, Fish, Poultry, Cottage Cheese, Cheese, Legumes, Tofu, Tempeh, Eggs, Peanut Butter

**For Snacks:** Choose one item from any of the previous food groups.

Don't forget to add desserts, or enjoyable foods in your diet! We can enjoy items such as ice cream, cake, cookies, chips, and fries in moderation and still maintain a healthy diet/lifestyle.

- ▶ It's important to stay hydrated. Plenty of water, as well as teas, coffee, or other drinks with little to no sugar are healthy choices.
- ▶ Exercise in moderation, every week will promote higher energy and focus, as well as lower rates of anxiety and depression. Start slow and listen to your body.
- ▶ Remember, these are just suggestions. If you are unsure about what diet and exercise is right for you, consult the experts. Talk with your doctor, a dietician/nutritionist, or other specialist in related fields.

# WEEK 7 PLANNER

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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WEEKEND

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DATE

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3 GOOD THINGS:

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ENERGY LEVEL



← Low High →

WATER INTAKE



HOW'S YOUR MOOD?



# WEEK 7 HABIT TRACKER

Habit	S	M	T	W	TR	F	S
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## Weekly Resources



PLEASE  
Handout



PLEASE  
Video



PLEASE  
Article

# Thrive Week 8

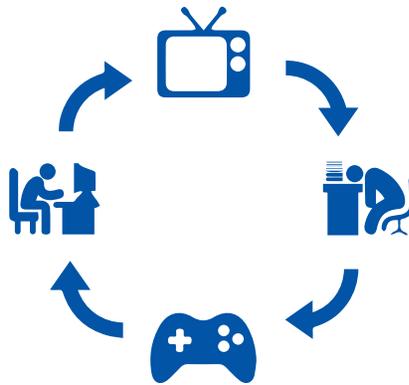
## Knowledge Grab

### Overcoming Workload Paralysis

“Workload Paralysis” is the feeling of being stuck, or unable to do anything because of overwhelm. When we have numerous obligations, sometimes it can be hard to get started on anything. Often times, we waste time that we could have used to complete some tasks because we are focused on fear that we cannot complete all of the tasks. Distraction, or avoidance can feel better in the moment to calm our anxiety, but results in more distress overall when we cannot accomplish work on time. Consider the following tips:

#### TIPS

1. Choose one, achievable task to start with.
2. Break tasks down into smaller steps.
3. Focus on one step at a time.
4. Take breaks and practice self-compassion



### Week 8 Challenge

Review the following workbook and resources on procrastination.



### Study Habits

#### Before Class

Complete Assigned readings. Notate concepts and ideas in your own words. Highlight important information and definitions. Color code.

#### In Class

Use Shorthand and abbreviations to take notes. If you are unsure, Ask questions!

#### After Class

To create a study guide, condense your notes in your own words. Transform notes into easier forms for review.

#### Review

Open up 10 minutes per day to review. Quiz yourself.

#### Exam Prep

Put your test date on your calendar. Plan your study times and stick to your schedule.

#### Weekly Goal

By the end of this week I will...

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### Tips & Tricks

#### Maintain a Healthy Sleep Schedule

Only 8% of College Students get the appropriate amount of sleep (7-9 hrs).

#### Reduce Distractions

Study in a quiet area, away from screens. Put down your phone. Consider studying somewhere away from your living quarters.

#### Take Breaks!

Listen to music, eat regular meals, take brain breaks. Your brain cannot maintain focus for hours at a time.

#### Don't rely on feeling motivated

This is a procrastination trap. Take a quarter second of courage and begin the process. Break down large goals into small, realistic steps. You will feel better when you accomplish the task.

“Push yourself because no one else is going to do it for you”

-unknown

# WEEK 8 PLANNER

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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WEEKEND

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DATE \_\_\_\_\_

3 GOOD THINGS:

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ENERGY LEVEL



← Low High →

WATER INTAKE



HOW'S YOUR MOOD?



# WEEK 8 HABIT TRACKER

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## Weekly Resources



Procrastination  
Article



Workload Paralysis  
Article

# Intention

Living with intention means living a better balanced life that's full of meaning and purpose. It means the activities that you are engaging in are worthwhile to you and focused on betterment.

You are stepping out of mindless activities and from being on autopilot and you are ensuring your life is based on your own conscious choice of how you want your life to be.

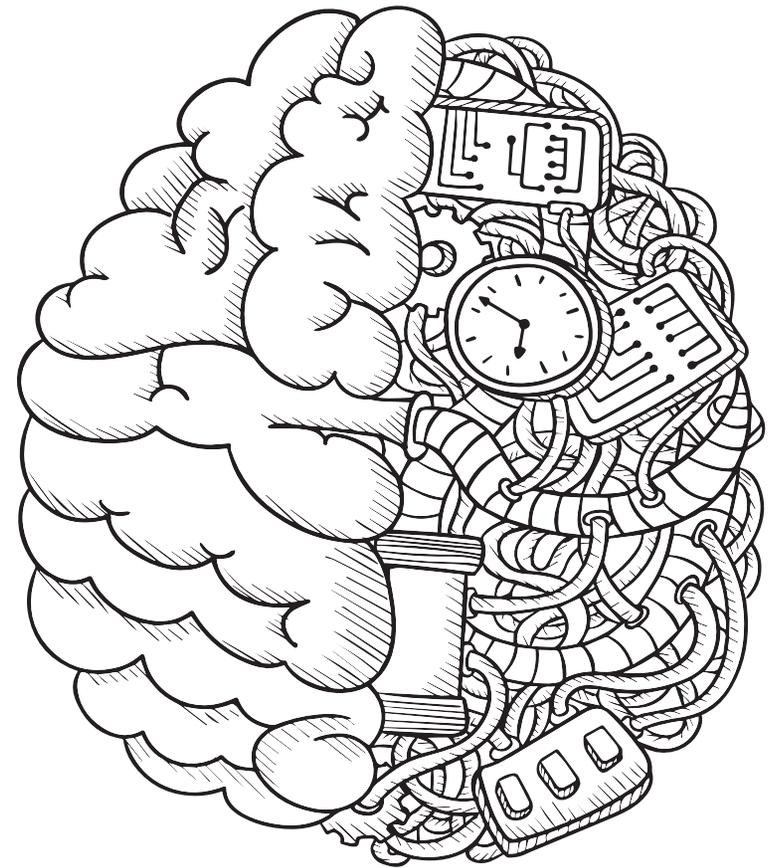
## Life Crafting

A way to set goals by reflecting on the present and what you would ideally like in the future, considering your values and making a commitment to the steps that will make your goal a reality.

Life   
is art  
Paint  
your  
Dreams 

*“It’s not enough to have a good mind;  
the main thing is to use it well.”*

– Rene Descartes



## Complete the Life Crafting Exercise



Life Crafting  
Exercise



Intentional  
Living



Life Crafting  
Video

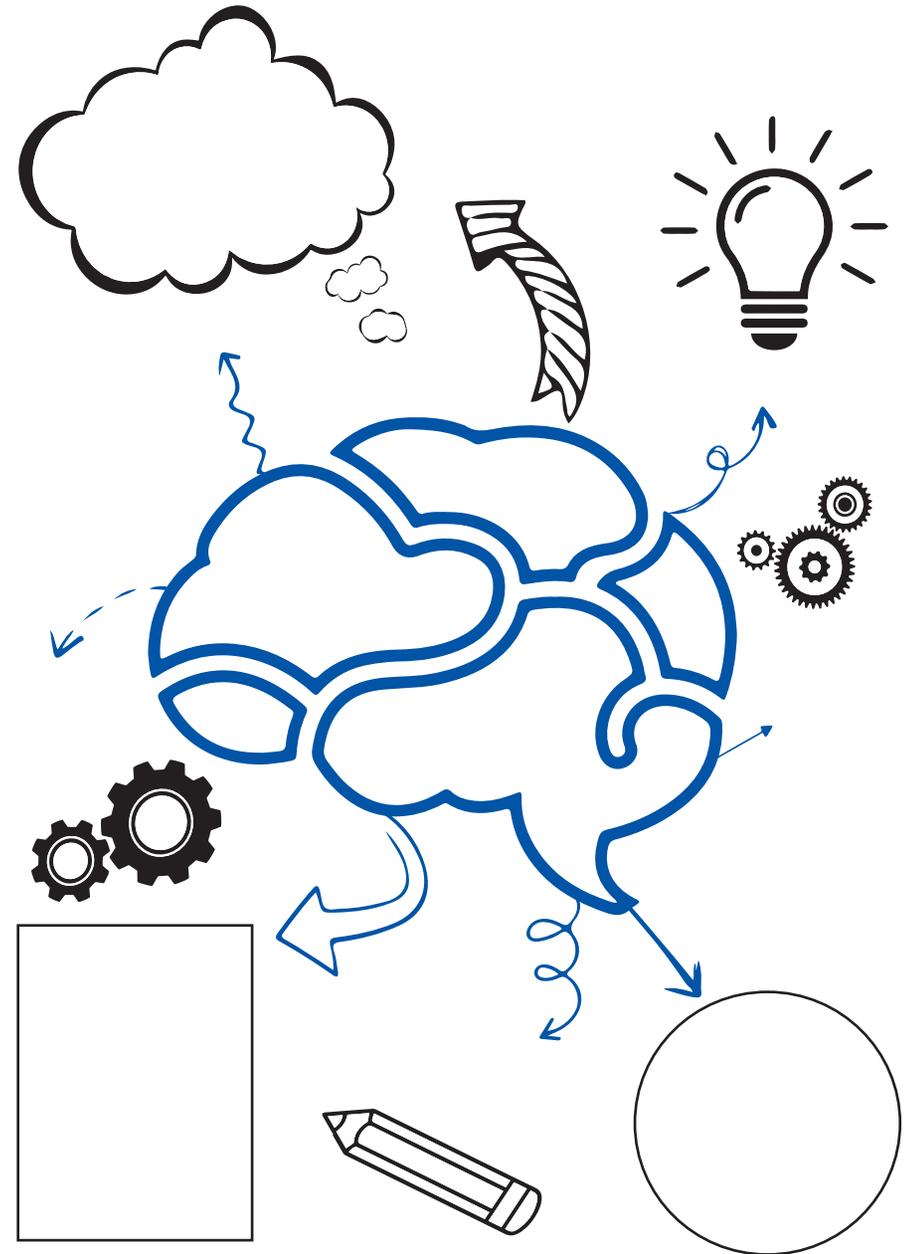
# Thrive Week 9

## Knowledge Grab

# MIND MAP



<https://www.pdst.ie/sites/default/files/Wellbeing%20Indicators.pdf>



## Week 9 Challenge

Consider the questions in the graphic above. Which areas do you excel in? Which areas would benefit from growth? Choose one area to work on this week.

What comes to mind when you think about health and wellness? Map out your thoughts.

# WEEK 9 PLANNER

DATE \_\_\_\_\_

MONDAY

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3 GOOD THINGS:

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TUESDAY

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ENERGY LEVEL



←————→  
Low High

WEDNESDAY

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THURSDAY

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WATER INTAKE



FRIDAY

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HOW'S YOUR MOOD?



WEEKEND

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# WEEK 9 HABIT TRACKER

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## Weekly Resources



Wellness  
Tips



What is  
Wellness?

# Thrive Week 10

## Knowledge Grab

**WOOP!** Developed by Gabriele Oettingen

**Wish/want:** What's something that's just for you, that comes from deep inside you, that you truly wish to have happen, or that you want to achieve?

**Outcome:** What will your success look and feel like? Where/what will it help you reach in life? Where will you be? What will you do? How will you know?

**Obstacle(s):** What could get in your way, or throw you off track, or keep you from reaching your wish or your want? Think about internal/external obstacles.

**Plan:** Now that you've charted some of the obstacles you could encounter, begin to plan for how you'll navigate them, should they occur. Think of this as an If/Then exercise. Record proactive strategies (what you'll do to avoid the obstacle), and Reactive strategies (what you'll do when you find yourself in the middle of an obstacle).

*"Shoot for the moon. Even if you miss, you'll land among the stars."* – Les Brown

**WOOP**  
**WOOP**

## Week 10 Challenge

*Draft out your first WOOP*

## Week 10 Goal:

*By the end of this week, I will...* \_\_\_\_\_

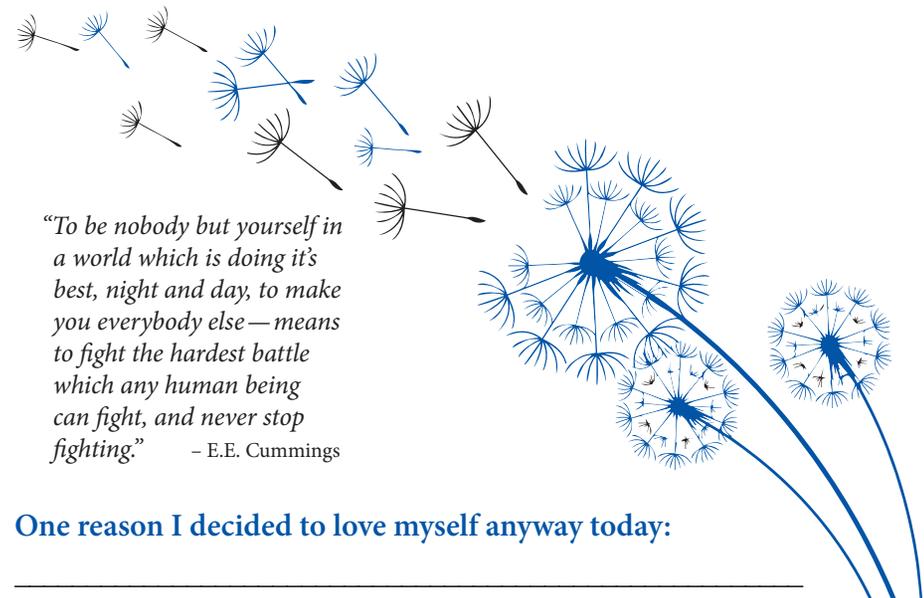
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## Wish List

Want

Need



*"To be nobody but yourself in a world which is doing it's best, night and day, to make you everybody else — means to fight the hardest battle which any human being can fight, and never stop fighting."* – E.E. Cummings

**One reason I decided to love myself anyway today:**

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# WEEK 10 PLANNER

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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WEEKEND

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DATE \_\_\_\_\_

3 GOOD THINGS:

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ENERGY LEVEL



← Low High →

WATER INTAKE



HOW'S YOUR MOOD?



# WEEK 10 HABIT TRACKER

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## Weekly Resources



Practicing  
WOOP



WOOP  
Application



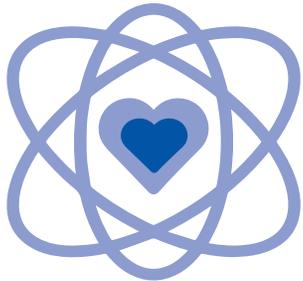
WOOP  
Application



WOOP  
Video

# Values

Assess what's really important to you and try to live your life by your beliefs, values, and top priorities. When you get a good idea of the most important activities, people and experiences in your life, you will be more inclined to choose activities that really matter and are crucial for your betterment. We then spend less time on activities that do not serve a positive purpose in our lives. This tends to increase our overall happiness and purpose in life.



## Some questions that you may ask yourself:

- ▶ “What makes my life worth living?”
- ▶ “What’s most important to me?”
- ▶ “What do I want out of life?”



Values  
Exercise



Core  
Values



Living  
Our Values



Values  
Test



Character  
Strengths



How do you embrace your authentic self, even if it looks different from what others expect?

How do you remind yourself you are enough?

When do you feel happiest in your own skin?

What is a challenge you've had to overcome and how did you do that?

# Thrive Week 11

## Knowledge Grab

### GRIT

*"Grit is a positive character trait based on an individual's passion for a particular long-term goal or end state, coupled with powerful motivation to achieve this objective. It is the passion and persistence to endure setbacks, disappointments and outright losses with the strength and mental toughness to bounce back and flourish." – Robert Jerus*

#### GUTS

- Courage
- Determination
- Toughness of character
- Pluck, spirit, boldness
- Fortitude/backbone
- Overcoming fear

#### RESILIENCY

- Bounce back
- Overcoming adversity and hardship
- Recover and reinvigorate
- Hardness

#### INTENSITY

- Focus/concentration
- Drive
- Fierceness
- Determination
- Strength
- Ardency/passion

#### TENACITY

- Perseverance/persistence
- Tireless purpose
- Resolution/commitment
- Follow through

### Week 11 Challenge

Take the Grit Scale Quiz and watch 3 short videos.



Grit Quiz



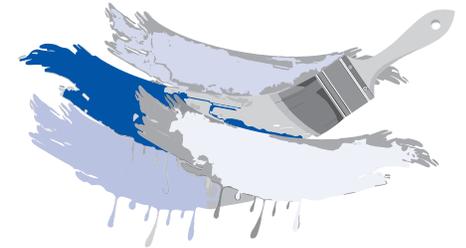
Grit Videos



# BUCKET LIST

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*"Action may not always bring happiness, but there is no happiness without action."*  
-Benjamin Disraeli



### Week 11 Goal:

By the end of this week, I will... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Thrive Week 12

## Knowledge Grab

### What is Self? -Loch Kelly, M, Divm LCSW

Self has been the most revered human dimension in most cultures and contemplative traditions throughout history. Self is described as a connection to something greater than me and also being who I am. Self has been called being, true nature, nature of mind, sacred heart, unity consciousness, no-self, unchanging essence, open-hearted awareness and ordinary mind.

Self has often associated with religious traditions and called “spiritual.” However, self can be simply understood as the subtlest essential foundation of our human consciousness, which we all share, regardless of beliefs. Neuroscience has begun to report the positive results of shifting into and remaining as self. Self can be considered part of our common human being lineage.

### The Eight Cs of Self -Richard Schwartz, Ph.D.

There are many ways to describe self. The 8 Cs are a way for you to recognize when self-energy is present.

- |                   |                      |                |
|-------------------|----------------------|----------------|
| <i>Calmness</i>   | <i>Compassion</i>    | <i>Courage</i> |
| <i>Curiosity</i>  | <i>Confidence</i>    | <i>Clarity</i> |
| <i>Creativity</i> | <i>Connectedness</i> |                |

### Week 12 Challenge

Complete the “Eight Cs of self” visualization exercise on the following pages.

### PROFILE

Age:

From:

Live In:



Likes:

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### Top Traits:

- 1.
- 2.
- 3.
- 4.
- 5.

Top Two Songs on my Playlist:

- 1.
- 2.

# ABOUT ME...

FUN FACT:

FUN FACT:

**Favorite Quote:**



Dislikes:

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**Favorite Quote:**

**WEEK 12 GOAL:**  
By The end of this week I will...

**MY CATCHPHRASE**

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# The Eight Cs of Self Visualization Activity

Think about a time that you have embodied each of these qualities and represent it in a drawing. As you are drawing consider how you felt in those moments, what thoughts/emotions/sensations you experienced. With practice, you will be more aware of when you are experiencing self-energy in the future, as well as how to engage self-energy more readily.

●————— *Calmness* —————●

●————— *Courage* —————●

●————— *Compassion* —————●

●————— *Curiosity* —————●

●————— *Confidence* —————●

●————— *Creativity* —————●

●————— *Connectedness* —————●

●————— *Clarity* —————●



# WEEK 13 PLANNER

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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WEEKEND

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DATE \_\_\_\_\_

3 GOOD THINGS:

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ENERGY LEVEL

WATER INTAKE

HOW'S YOUR MOOD?

# WEEK 13 HABIT TRACKER

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## Weekly Resources



Brene Brown  
Video



Perfectionism  
Workbook

# Empathy

## Empathy in Action

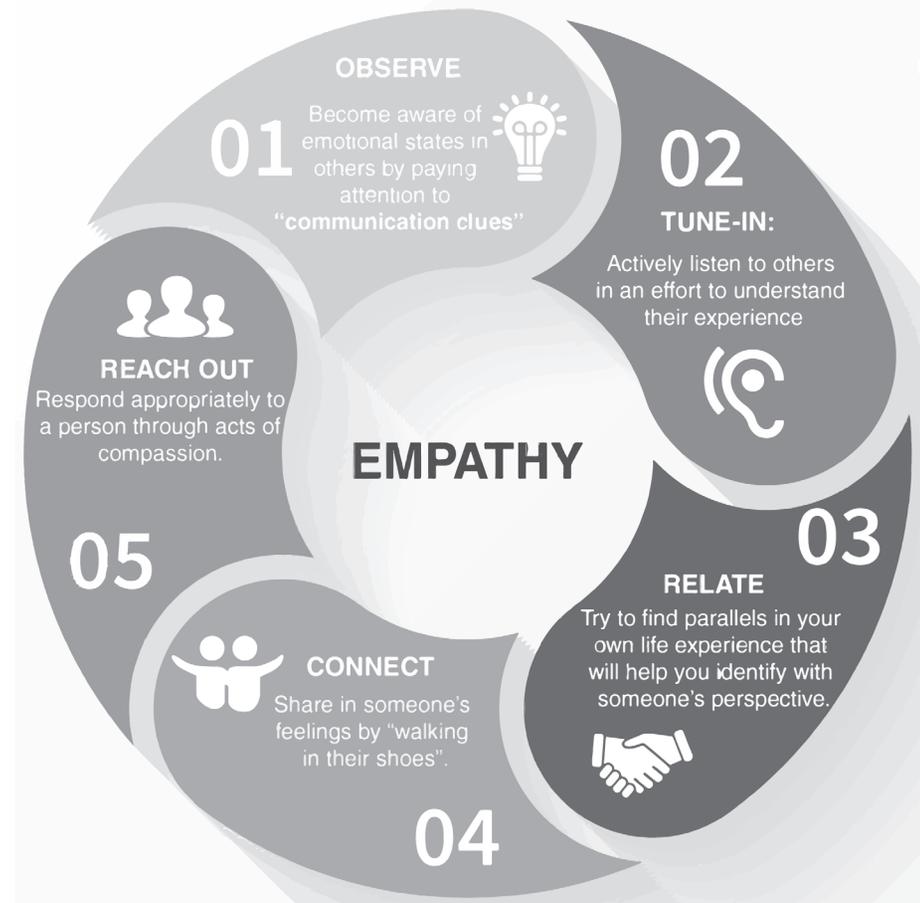
- Eye contact and open body posture
- Minimal encouragers like “mhm” or “go on”
- Listening to the content without interruption
- Tuning into emotions
- Avoid focusing on what you will say next
- Taking on the perspective of the speaker

*“The great gift of human beings is that we have that power of empathy; we can all sense a mysterious connection to each other.”*

–Meryl Streep

## Make a Difference

Helpful actions toward others, as well as yourself, can be beneficial to your mental wellbeing. By giving back and helping others, it can help us to feel better about ourselves in the process.



Developed by the Empathy Training Project [EmpathyTrainingProject.org](http://EmpathyTrainingProject.org)



Shared Identity  
Exercise



Empathy  
Exercises



Empathy  
Worksheets



How to be  
More Empathic

# Thrive Week 14

## Knowledge Grab

### A Culture of Compassion

#### 6 Simple Steps for Building a Culture of Compassion

- 1) **Microcompassions** - Actions to help someone's light shine brighter.
- 2) **Smiling** - Just smile. Say hello.
- 3) **Compliments** - "Your shoes are cool." "I always appreciate seeing you."
- 4) **Inclusion** - In a meeting we often hear only a few voices, while others remain quiet. We can bring the quiet ones into the fold.
- 5) **Listening** - Just listen, with the intention of deeply understanding the other person.
- 6) **Curiosity** - What question can you ask that will light someone up? Get curious.

Excerpted from *The Full Body Yes* by Scott Shute.



*Compassion doesn't have to be a big act.*

We cannot pretend to know what will make a situation better for someone. It is always important to ask.

### Week 14 Challenge

Practice one of the 6 Steps for Building Compassion each day this week.

## RANDOM ACTS OF KINDNESS

Things people did for me:

<input type="checkbox"/>	.....

Things I did for other people:

<input type="checkbox"/>	.....

*"The highest form of wisdom is kindness."*

- The Talmud

What I learned by being kind today:

.....

.....

.....

**Week 14 Goal:**

*By the end of this week, I will.....*

.....

.....

# WEEK 14 PLANNER

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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WEEKEND

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DATE \_\_\_\_\_

3 GOOD THINGS:

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ENERGY LEVEL



← Low High →

WATER INTAKE



HOW'S YOUR MOOD?



# WEEK 14 HABIT TRACKER

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## Weekly Resources



Scott Shute  
Book



Mindful Guide  
for Compassion



How to be  
More Empathic

# Thrive Week 15

## Knowledge Grab

### The Gifts of Sensitivity

The society we live in often stigmatizes and places little value in emotional sensitivity and expression. This often leaves sensitive people feeling pathological, insecure and leads to higher instances of mental health disorders. According to Dr. Elaine Aron, Jenn Granneman and Andre Solo, as much as 30% of the population share the trait of being “highly sensitive,” a temperament trait that causes us to absorb the emotions of other people. An argument can be made that sensitivity can be a superpower.

#### Superpowers of the Highly Sensitive Person:

- ▶ Deeper level of empathy and compassion
- ▶ Greater connection with others
- ▶ Greater levels of creativity, depth of processing and emotion.

### Week 15 Challenge

Consider the following questions posed by Glennon Doyle:

- ▶ What are you most sensitive about?
- ▶ Who are some of the most sensitive people in your life?
- ▶ What are some gifts that sensitive people bring to your life, relationships, and world?
- ▶ What gifts does your sensitivity bring to your life, relationships, and the world?

#### To be sensitive is a superpower.

“The opposite of sensitive is not brave. It’s not brave to refuse to pay attention, refuse to notice, to refuse to feel and know and imagine. The opposite of sensitive is insensitive, and that’s no badge of honor. In most cultures, folks that are sensitive are identified early, set apart, and considered eccentric but critical to the survival of the group. They are able to hear and see things others don’t see, and feel things others don’t feel. The culture depends on the sensitivity of a few, because nothing can be healed if it’s not sensed first.”

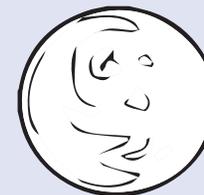
– Glennon Doyle

## SELF-COMPASSION CHECKLIST

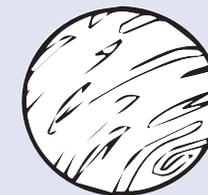
CONSIDER THE FOLLOWING AND AS YOU DO, REMEMBER THAT PROGRESS IS GRADUAL AND NON-LINEAR.

- |   |   |
|---|---|
| <input type="checkbox"/> Today when I was struggling, I responded to my feelings with curiosity and openness. | <input type="checkbox"/> I took a balanced approach to my emotions today.                                   |
| <input type="checkbox"/> I was loving toward myself today.  | <input type="checkbox"/> Today when I made a mistake I judged myself harshly.                               |
| <input type="checkbox"/> Compassion was something I needed today.   | <input type="checkbox"/> Today I allowed myself to get swept up in the negative emotions.                   |
| <input type="checkbox"/> I was compassionate towards myself today.  | <input type="checkbox"/> Today I focused heavily on the parts of my life that I don’t like.                 |
| <input type="checkbox"/> Today I considered my negative feelings/experiences as part of the human condition.  | <input type="checkbox"/> Today I was able to accept my shortcomings without mercilessly criticizing myself. |

### Make space for



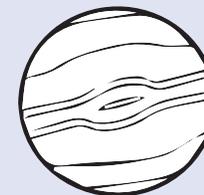
Being Yourself



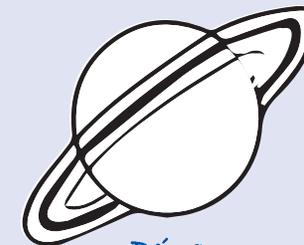
Making Mistakes



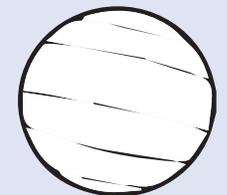
Feeling Your Feelings



Believing Yourself



Being Imperfect



Learning From The Past

For more information on practicing self-compassion: <https://self-compassion.org/>

# WEEK 15 PLANNER

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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WEEKEND

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DATE \_\_\_\_\_

3 GOOD THINGS:

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ENERGY LEVEL



← Low High →

WATER INTAKE



HOW'S YOUR MOOD?



# WEEK 15 HABIT TRACKER

Habit	S	M	T	W	TR	F	S
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## Weekly Resources



Superpowers of Sensitive People



Highly Sensitive Person



Glennon Doyle Untamed



## Little Things That Made This Semester Memorable




## Biggest Win for this Semester:

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HOW DID YOU SPEND YOUR TIME THIS SEMESTER?

HOW WILL YOU IMPROVE NEXT SEMESTER?

WHAT NEW KNOWLEDGE DID YOU GAIN?

# Your Favorite Quotes This Semester



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<input type="text"/>	<input type="text"/>
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# YOUR BEST PLAYLIST THIS SEMESTER

A background illustration featuring a boombox, musical notes, and the text "ROCK STAR" written on a cassette tape. A blue starburst is positioned to the right of the title.

YOUR BEST  
PLAYLIST  
THIS SEMESTER


WRITE DOWN  
YOUR RANDOM THOUGHTS



Handwriting practice lines consisting of a solid top line, a dotted middle line, and a solid bottom line. There are 12 such lines available for writing.



**NEXT SEMESTER'S  
TOP THREE PRIORITIES**

**FIRST**

Blank writing area for the first priority, bounded by a solid top line and a solid bottom line.

**SECOND**

Blank writing area for the second priority, bounded by a solid top line and a solid bottom line.

**THIRD**

Blank writing area for the third priority, bounded by a solid top line and a solid bottom line.



# FREDONIA

STATE UNIVERSITY OF NEW YORK