

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## MY FAILURE STORY

Respond to one of the prompts below:

- A time I kept getting something wrong but didn't give up...
- A time I was scared to fail but tried anyway...
- A time I doubted myself but learned something important...

Name the emotions you felt at first, in the middle, and at the end



(continued below)



## MY SUCCESS STORY

Rewrite your story from the previous page as a success story, focusing on growth:

- What did you learn from this experience?
- How could the outcome change with more persistence or support?
- What emotion replaces fear or doubt once you push through?

TITLE:

*(continued below)*



## MY KEEP-GOING GUIDE

Write 3-5 self-management tips you can use when things get hard.

1

2

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