

The Battery #6

Make a list of all the emotions you've experienced today.



Pick two of these emotions and answer the questions below.

Emotion 1: _____

- What event made you feel this way?
- How did you respond?
- What's a resilient response for the future, or how can you continue to respond in a positive way in the future?

Emotion 2: _____

- What event made you feel this way?
- How did you respond?
- What's a resilient response for the future, or how can you continue to respond in a positive way in the future?

