WORKSHEET **Both Columns for a Hard Week**

Reach for this page on any rough day or week. Start with the left column. One side may run longer than the other, and that's normal.

What's hard:

1. _____

Next step and day, if there is one: _____

2. _____

Next step and day, if there is one: _____

3. _____

Next step and day, if there is one: _____

What's still here (try to include at least one person):

1. _____

2. _____

3. _____

Who brought help this week, and how I'll thank them: _____

Night question: first thing after breakfast, I'll: _____

☐ Nothing on the left got shrunk to look braver.
☐ My right-hand column has at least one entry.

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