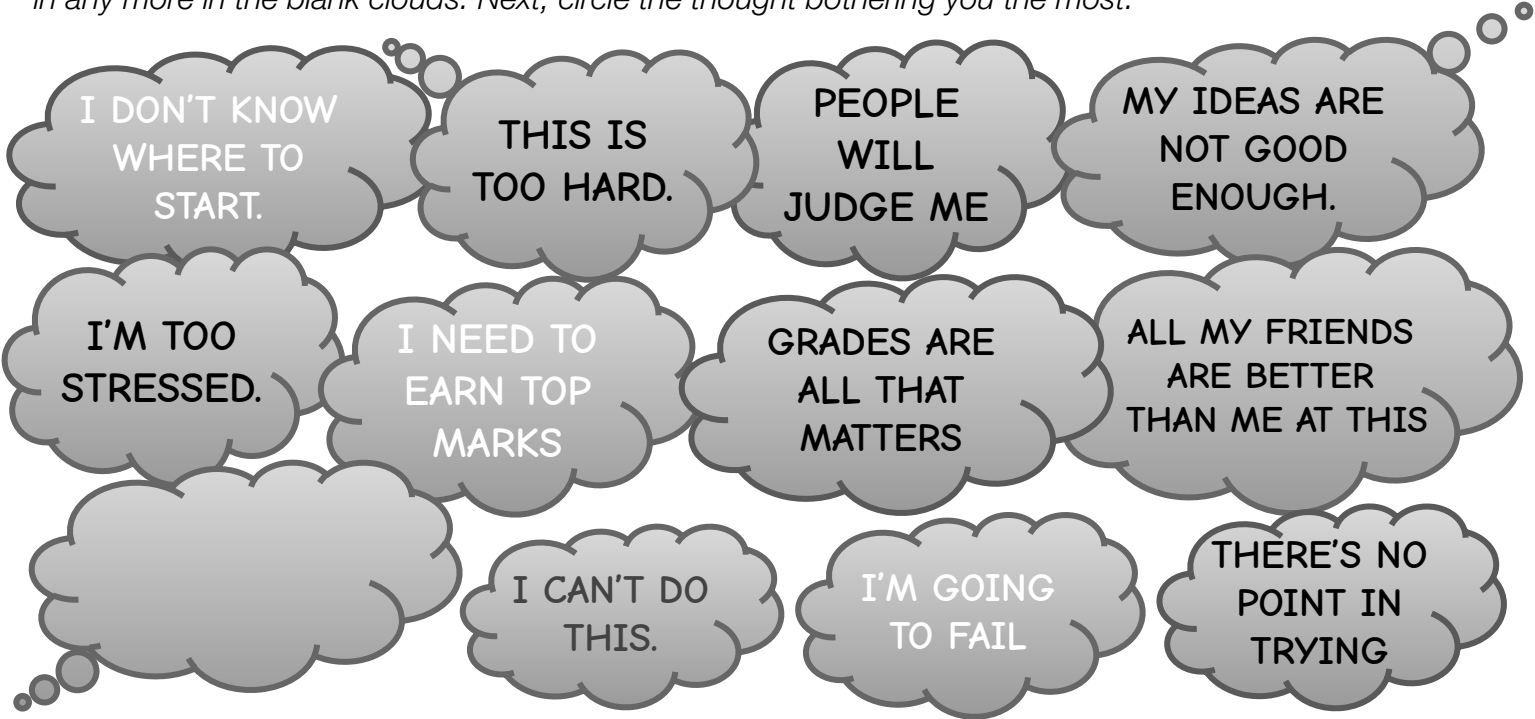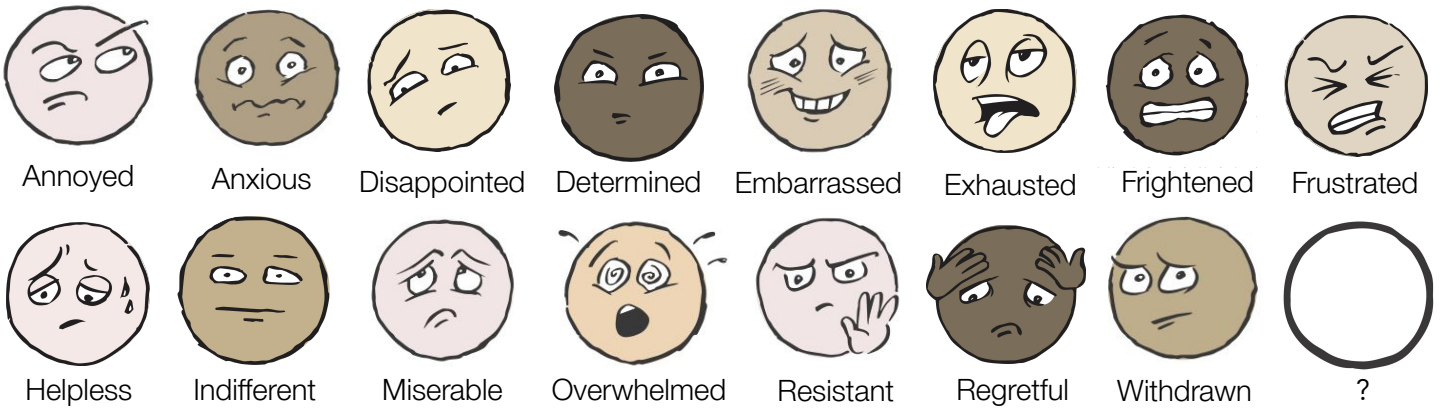# Ahh! I have a project.

COMMON THOUGHTS. **Which thoughts do you notice yourself having?** *Check all that apply and fill in any more in the blank clouds. Next, circle the thought bothering you the most.*

- I DON'T KNOW WHERE TO START.
- THIS IS TOO HARD.
- PEOPLE WILL JUDGE ME
- MY IDEAS ARE NOT GOOD ENOUGH.
- I'M TOO STRESSED.
- I NEED TO EARN TOP MARKS
- GRADES ARE ALL THAT MATTERS
- ALL MY FRIENDS ARE BETTER THAN ME AT THIS
- I CAN'T DO THIS.
- I'M GOING TO FAIL
- THERE'S NO POINT IN TRYING

COMMON FEELINGS. How do you feel with that circled thought?

Annoyed · Anxious · Disappointed · Determined · Embarrassed · Exhausted · Frightened · Frustrated

Helpless · Indifferent · Miserable · Overwhelmed · Resistant · Regretful · Withdrawn · ?

How does your body feel?

achy · hunched · **HEAVY** · Paralyzed · TENSE · CLENCHED FIST · Tired

Open · LIGHT · ENERGETIC · warm · relaxed

hot · Flushed · FAST HEART · Nauseous · BUTTERFLIES · WEAK · sweaty · COLD

FLEXIBLE · Balanced · Settled · STRONG

WHAT ELSE IS POSSIBLE? Check or write other thoughts that are as true in your situation.
Circle the one that feels most true.

I KNOW MY NEXT STEP.

I CAN DO HARD WORK.

MY JUDGEMENT OF MYSELF MATTERS MORE TO ME THAN WHAT OTHERS THINK

MY IDEAS ARE GOOD ENOUGH TO START DEVELOPING THEM.

MY STRESS IS HELPING ME.
Some stress help me to focus, prioritize, get motivated, and/or attend to real risks.

I DON'T NEED TO EARN TOP MARKS

GRADES ARE NOT ALL THAT MATTER

OTHER FIND THIS DIFFICULT TOO.

I CAN'T DO THIS YET, BUT I'M LEARNING.

I CAN GET THE HELP I NEED.

THIS IS HARD BUT WORTH IT.

How do you feel with that circled thought?

Anxious Calm Cautious Curious Determined Happy Hopeful Inspired

Interested Open Optimistic Relieved Surprised Thoughtful Other?

How does your body feel?

achy hunched HEAVY Paralyzed TENSE CLENCHED FIST Tired

Open LIGHT warm relaxed ENERGETIC

hot Flushed FAST HEART Nauseous BUTTERFLIES sweaty WEAK COLD

FLEXIBLE Balanced Settled STRONG