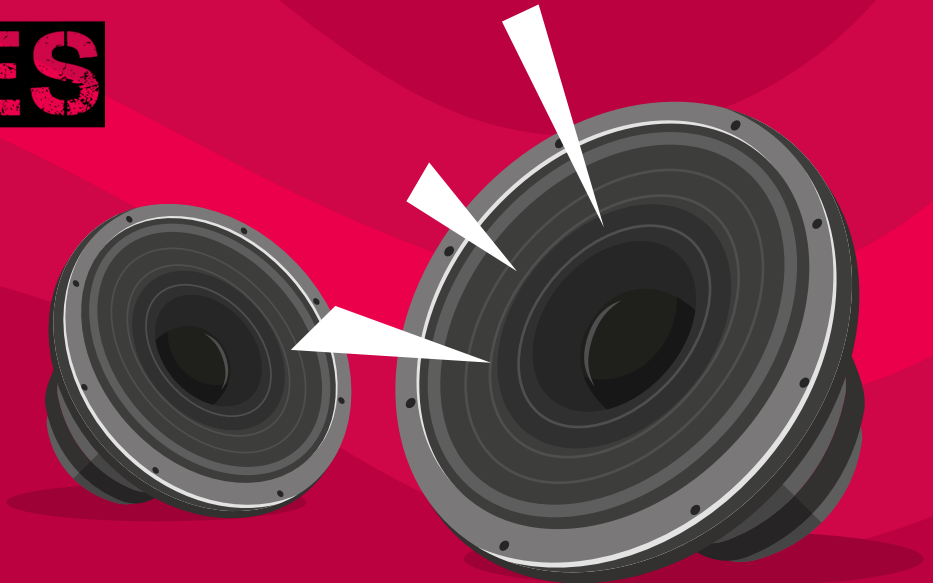


# Pause and Reflect



# Good days

What makes a good day?

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What makes a good day even better?

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Something I feel positive about

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# Bad days

What makes  
a bad day?

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What am I  
worried about?

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What can I  
do about it?

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# Music Reflection



What song do you listen to when you're happy?

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What song do you listen to when you're sad?

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What song helps you to relax?

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Name a song that will motivate you?

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