

Psych-Ups



There are many ways to psych yourself up for accomplishing a task or solving a problem. One way is to imagine the desired outcome. Another way is to kind of cheer yourself on by thinking encouraging thoughts (psych-ups). Below, list your own favorite psych-ups. The psych-ups you list will help you take action to solve your problems.

1. _____

2. _____

3. _____

4. _____

5. _____
