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. ____________________________________________________________
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2. __________________________________________________________________________
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3. __________________________________________________________________________
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4. __________________________________________________________________________
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5. __________________________________________________________________________
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