

# Conscious Teens Workshop

**I FEEL LIKE I HAVE THE EMOTIONAL SKILLS TO GET THROUGH MY DAY-TO-DAY LIFE:**

Always      Usually      Sometimes      Rarely      Never

**I FEEL STRESSED OUT OR ANXIOUS:**

Always      Usually      Sometimes      Rarely      Never

**I FEEL SAD OR LOW:**

Always      Usually      Sometimes      Rarely      Never

**I FEEL HAPPY AND CONTENT:**

Always      Usually      Sometimes      Rarely      Never

**WHEN I'M STRUGGLING, I KNOW WHAT TO DO TO HELP MYSELF:**

Always      Usually      Sometimes      Rarely      Never

**WHEN I'M STRUGGLING, I USUALLY RESPOND BY... (WRITE YOUR ANSWER)**

**MY BIGGEST PROBLEM IN LIFE RIGHT NOW IS... (WRITE YOUR ANSWER)**

**ONE THING I LIKE ABOUT MYSELF IS... (WRITE YOUR ANSWER)**

**ONE THING I'D LIKE TO WORK ON IN MYSELF... (WRITE YOUR ANSWER)**

**MY FAVORITE THING ABOUT MY LIFE RIGHT NOW IS... (WRITE YOUR ANSWER)**

