

Precourse Assessment

REFLECTION

1. *What stands out to you about your answers to this pre-course reflection?*

2. *What feelings came up for you when you checked in about how you are really doing?*

3. *How would you like to feel when you think about how you regard yourself, your life and your mental health?*

4. *Let's acknowledge some of what is working, what are you already doing to help you have better bad days?*

5. *What isn't going so well? In what ways are you coping that you don't really feel proud of or that serve you?*

6. *At the end of this course, what you would you like to say you learned and came away with?*

7. *Any other intentions or goals that you'd like to name now for the next 5 weeks?*
