


SELF-REGULATION

 Time: 5 Minutes

 Difficulty: Moderate

Nurturing Inner Calm:

How can you reliably uplift your mood in positive ways? Are there any new methods you'd like to explore for boosting your mood?

Mastering Self-Discipline:

Think about three tasks that you've been postponing but know you should tackle. Take action on them and give yourself a pat on the back for your self-discipline!