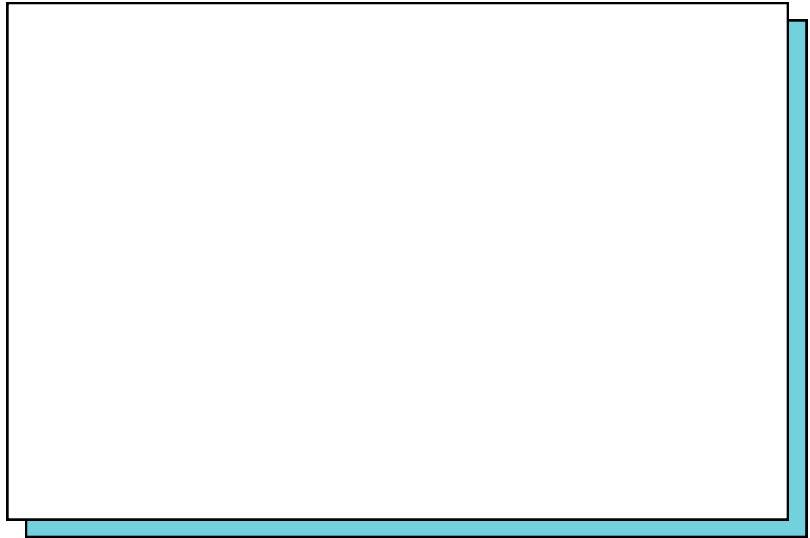


# Set your Intentions

## brainstorm

Brainstorm all the things about school that feel hard. Anything from school work to friendships.



## Things I want to work on.

Now pick one or two things from your brainstorm box that you want to work on.



## My Intentions

Take your really hard thing from school like "I hate homework" and put a positive spin on it so you can be intentional about working on this!

