

Meme Triad: Confidence (Solution-Focused)

Name: _____ Date: _____

Confidence is the result of setting goals for yourself that are achievable. Successful mood management is the result of setting achievable goals for ourselves, and then achieving those goals.

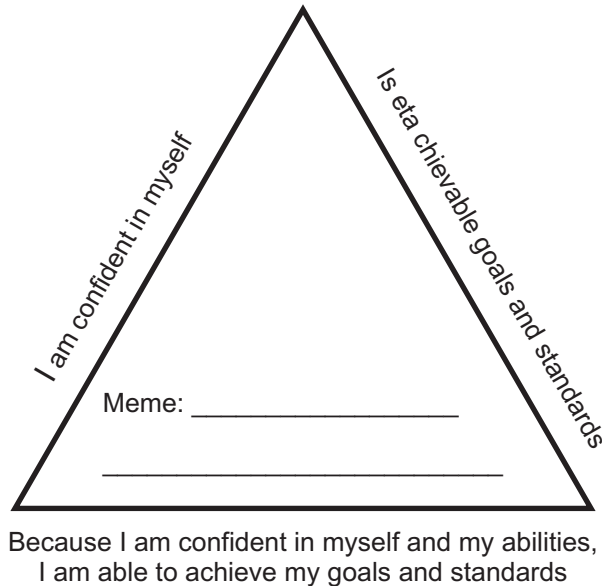
In the 'Meme' space below, write a meme that has led you to feel confident in yourself and your abilities.

In the 'What' space below, list ways the meme has helped you to be confident in yourself and your abilities.

In the 'Why' space below, list some of the standards you have set for yourself. Are these standards possible to achieve? Have you already achieved them? If not, are you confident in your ability to achieve them?

In the 'How' space, list ways you may have been able to live up to those standards.

After answering these questions, which side of the triangle leads you to be the most confident in your ability to mindfully manage your moods in the future?



What: _____

Why: _____

How: _____
