

Mental Preparation Worksheets

Positive Affirmations:

Preparing to cope with adversity

The most common possibilities of adversity:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

The best way to prepare and deal with them:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

How the condition might serve as an advantage.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____