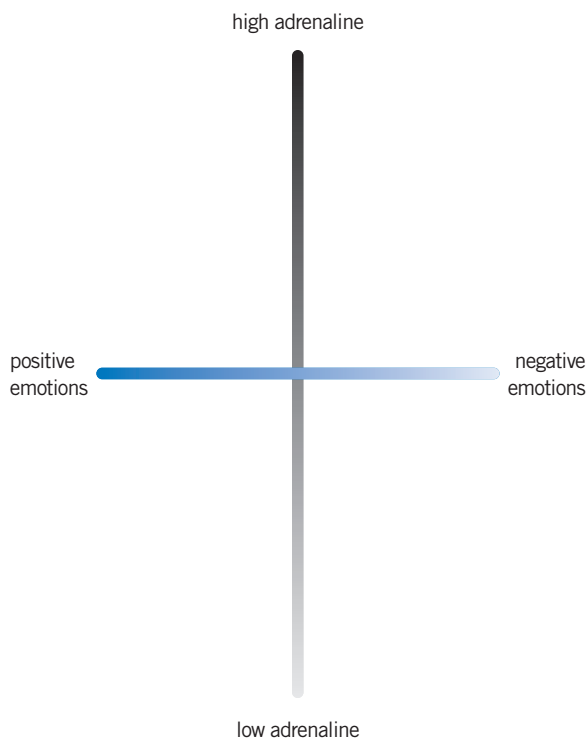


## Tracking My Emotional Resilience



## My Best Ways of Creating Positive Emotions

- ▶ Warm-up:
  
  
  
  
  
  
  
  
  
  
- ▶ Between shots:
  
  
  
  
  
  
  
  
  
  
- ▶ In life / general: