

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Thoughts, Feelings, Think it Tools

N	R	S	E	T	G	O	A	L	S	M	A	K	E	A	P	L	A	N	S	M	E	G	R
W	L	O	O	V	V	N	A	P	W	A	A	W	G	B	K	B	B	N	O	S	R	I	Z
S	P	M	T	V	J	S	E	X	G	A	L	J	S	Z	G	H	J	P	P	I	Y	H	Y
B	C	B	A	E	O	O	X	X	K	A	L	J	S	Z	E	N	O	A	M	H	S	A	A
B	X	W	L	D	T	G	Z	E	Q	N	O	J	M	U	V	M	I	O	D	I	H	V	H
I	U	N	K	O	U	I	A	F	I	R	W	T	H	A	P	P	Y	G	N	C	A	E	S
L	Y	S	A	X	Y	V	W	G	D	Q	H	J	C	K	A	B	F	L	V	A	R	V	V
O	R	N	B	U	K	A	J	Q	U	N	E	H	X	P	A	E	O	C	Y	R	E	A	H
V	A	I	O	C	Y	L	A	D	X	E	L	D	O	E	V	Z	G	H	M	E	P	L	O
E	R	B	U	A	Z	U	I	V	Z	C	P	B	Y	W	D	N	Z	E	M	W	O	U	L
T	U	H	T	S	G	E	M	X	N	C	E	O	P	N	P	S	G	C	I	O	W	E	I
H	Y	E	F	U	Q	X	A	M	V	V	R	U	C	N	L	A	T	K	S	B	E	P	H
I	I	S	E	P	C	S	T	F	P	P	S	P	O	V	G	F	E	B	R	U	R	A	H
N	L	Y	E	P	A	F	T	Q	W	K	T	M	N	B	C	E	A	O	A	Y	R	C	O
K	I	A	L	O	J	K	E	S	I	X	O	D	N	I	Z	S	M	U	S	L	L	P	W
I	J	Q	I	R	A	N	R	M	G	G	L	X	E	F	Q	P	W	N	K	C	W	Y	D
T	R	C	N	T	I	J	Q	I	H	X	E	Z	C	E	P	A	O	D	F	B	G	R	I
T	E	T	G	S	Q	B	Y	L	Y	F	A	B	T	E	P	C	R	A	O	Q	J	F	D
H	L	J	S	Y	M	P	I	E	Y	U	D	P	K	L	Y	E	K	R	R	G	K	Z	I
R	A	F	Z	S	J	E	T	S	W	G	C	B	Y	O	F	Y	K	I	H	R	P	F	D
O	X	U	X	T	I	A	P	P	R	E	C	I	A	T	E	D	B	E	E	J	I	Y	O
U	L	G	H	E	C	A	M	S	H	S	U	G	V	V	T	T	T	S	L	E	E	D	O
G	X	A	X	M	I	A	M	C	C	J	O	Y	F	U	L	X	R	J	P	A	B	Y	A
H	D	O	T	H	E	H	A	R	D	P	A	R	T	F	I	R	S	T	L	M	F	T	D

do the hard part first  
 think it through  
 I appreciate  
 safe space  
 connect  
 I love  
 smile

Allow Helpers to Lead  
 support system  
 I have value  
 set goals  
 I value  
 Joyful

Talk about feelings  
 Ask for Help  
 make a plan  
 I matter  
 I care  
 Happy

Check Boundaries  
 how did I do  
 share power  
 teamwork  
 I feel  
 relax