

Steps:

1. Write down your problem or challenge statement
2. Fill in the past form, present form, and future forms of your challenge statement
3. Complete the sentences
4. Reflect and analyze for any insights



Challenge Statement: _____

{ PAST FORM }

I don't feel I was able to: _____,

because: _____

before: _____

after: _____

while: _____

whenever: _____

so that: _____

if: _____

although: _____

in the same way that: _____



{ PRESENT FORM }

I don't feel I was able to: _____,

because: _____

before: _____

after: _____

while: _____

whenever: _____

so that: _____

if: _____

although: _____

in the same way that: _____

{ FUTURE FORM }

I don't feel I was able to: _____,

because: _____

before: _____

after: _____

while: _____

whenever: _____

so that: _____

if: _____

although: _____

in the same way that: _____

{ OBSERVANCES }

1. _____

2. _____

3. _____

4. _____

5. _____