**FEED HOPE**
What are strengths you posses that have helped you navigate difficult times in the past?

How can they help you now?

**FIND FOCUS & FLEXIBILITY**
Practice contingency planning for your evening plans. What is Plan A?

And if that doesn’t work out, what might Plan B look like?

Plan C?

**GOOD ENOUGH IS GOOD ENOUGH**
What has gone well recently?

What is outside of your control today?

How will you let that go?

**BE KIND TO YOURSELF (AND OTHERS)**
What do you need help with today? Who can help you?

What will you do for yourself today?

What will you do for someone else today?