

OVERCOME ACTIVITIES

Please fill in your responses to each activity during the overcome talk.

ACTIVITY 1:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

ACTIVITY 3:

A SITUATION THAT MIGHT _____
ME OUT OR _____ ME UP TODAY
COULD BE...

...AND THE WAY MY _____
WOULD DEAL WITH THAT IS...

ACTIVITY 2:

- 06:00 _____
- 06:30 _____
- 07:00 _____
- 07:30 _____
- 08:00 _____
- 08:30 _____
- 09:00 _____
- 09:30 _____
- 10:00 _____
- 10:30 _____
- 11:00 _____
- 11:30 _____
- 12:00 _____
- 12:30 _____
- 01:00 _____
- 01:30 _____
- 02:00 _____
- 02:30 _____
- 03:00 _____
- 03:30 _____
- 04:00 _____
- 04:30 _____
- 05:00 _____
- 05:30 _____
- 06:30 _____
- 07:00 _____

OVERCOME ACTIVITIES

ACTIVITY 4 :

1) _____

11) _____

2) _____

12) _____

3) _____

13) _____

4) _____

14) _____

5) _____

15) _____

6) _____

16) _____

7) _____

17) _____

8) _____

18) _____

9) _____

19) _____

10) _____

20) _____

TALKING POINTS:

POINT 1 _____

POINT 2 _____

POINT 3 _____

POINT 4 _____

NOTES:
