

# PERSONAL HAVENING WORKSHEET

This worksheet is for your personal reflections. You will NOT need to share your thoughts with anyone else or hand in this worksheet.

Your biggest fear about the ACT/SAT:

Emotion you feel:

Emotion you WANT to feel instead:

Identify 1-2 times in your life when you STRONGLY FELT each of the emotions below. Then, jot down a few notes to help you remember your experience.

SMART

CONFIDENT

RELAXED

IN CONTROL

PROUD OF YOURSELF

Other: