

Ignoring & Keeping Cool Worksheet

Behaviours I will ignore this week:

1 _____ 2 _____ 3 _____

How I will keep cool while ignoring (self-talk, distractions, relaxing behaviours)

1 _____ 2 _____ 3 _____

	Did it?	Barriers?	Comments?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			