

How to talk with your friends and

BUILD RESILIENCY

ONE DAY AT A TIME

SUN

CHARACTER

How do you want to be known by your friends?
What is your current reputation with your peers?

MON

CONTROL

What plans or goals do you have this week?
How will you reward yourself for what you do?

TUE

COMPETENCE

What do you know how to do?
What's a struggle you had and what can you learn from it?

WED

CONNECT

What emotions have you had this week?
What activities will you do with others this week?

THU

CONFIDENCE

What have you done well this week?
How have you surprised yourself with your ability?

FRI

CONTRIBUTE

How did you help someone this week?
Who is someone that you can help today?

SAT

COPING

How will you take care of your body & mind?
Is there anything that feels overwhelming?



**Substance Abuse
Coalition Leaders
of Arizona**

Learn more @ LearnMoreAZ.org



This publication was made possible by grant number H79T1085739 from SAMHSA.
The views, opinions and content of this publication are those of the author and
do not necessarily reflect the views, opinions, or policies of SAMHSA or HHS.