

Keeping Going After a Rough Week

For the weeks that go badly, when carrying on feels like more than you have got.

WHEN TO USE THIS

Use this at the end of a week you would rather forget.

How much is left in the tank right now?

0

1

2

3

4

5

6

7

8

9

10

Running on empty

Plenty left

What made this week hard? Name it in a few words.

Three things you got through anyway.

Showing up counts. Small counts. Getting out of bed counts.

1.

2.

3.

If this week has you thinking about ending your life, call or text 988 now. You do not have to be certain to reach out.

What is one thing you will keep doing next week, even badly?

A bad week is a bad week. It does not cancel out the work you have already done.