

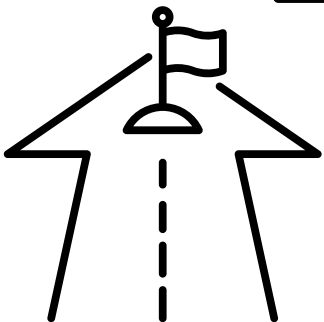
Name _____

FUTURE ME

Picture yourself five years from now, having successfully handled your biggest current stress. Write down a few goals you have and how you can plan to handle challenges along the way.

GOAL 1:

GOAL 2:



Nombre _____

YO DEL FUTURO

Imagínate dentro de cinco años, habiendo superado con éxito tu mayor estrés actual. Anota algunas metas que tengas y cómo planeas afrontarlas cuando se presenten desafíos.

META 1:

META 2:

