



## REVIEW ACTIVITY

### Chapter 8

Take a few minutes to review the emotional skills described in this chapter.

- ☐ Which of these skills would be the most important for you to improve?

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- ☐ What could you do to develop one or more of the emotional skills?

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- ☐ Daily, what would you do to increase these skills?

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☐ How would you specifically measure your progress?

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☐ Would it worthwhile to ask for support and feedback from someone you trust?

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Write down any other ideas you have concerning the emotional skills reviewed in this chapter.

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[\[Link\]Download a PDF of the Chapter 8 Additional Activities, "Identifying Fears."](#)

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