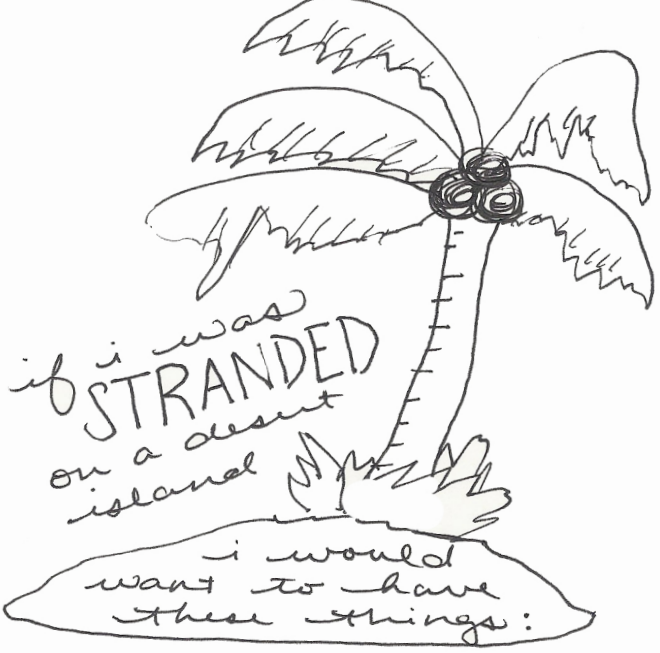
my Lists

5 songs that I never get tired of

-
-
-
-
-



- ▷
- ▷
- ▷

IF I COULD HAVE 2 SUPER POWERS THEY WOULD BE...

- →
- →

my HAPPY places

- ★
- ★
- ★
- ★



MY 3 favorite toys as a CHILD:

1.
2.
3.

© 2020 The Lindsey Meyer Teen Institute, a program of Partners in Prevention All Rights Reserved.
www.njlmti.org

Countdown

5 things you have accomplished

1. _____
2. _____
3. _____
4. _____
5. _____

4 people you admire

1. _____
2. _____
3. _____
4. _____

3 favorite pizza toppings

1. _____
2. _____
3. _____

2 things that you find calming

1. _____
2. _____

1 compliment for yourself

_____

_____

© 2020 The Lindsey Meyer Teen Institute, a program of Partners in Prevention All Rights Reserved.
www.njlmti.org

Get to know yourself



3 things I want to learn:

---

3 things I am great at:

---

3 things I value:

© 2020 The Lindsey Meyer Teen Institute,
a program of Partners in Prevention All Rights Reserved.
www.njlmti.org

WRITE A PEP TALK FOR WHEN YOU'RE STUCK IN A RUT.

Remind yourself of what makes you truly happy
and how you can get back to it.



© 2020 The Lindsey Meyer Teen Institute, a program of Partners in Prevention All Rights Reserved.
www.njlmti.org

this page is not blank.

it is filled with EVERY possibility.

© 2020 The Lindsey Meyer Teen Institute, a program of Partners in Prevention All Rights Reserved.
www.njlmti.org