



## PLAN TO PERSEVERE

**T**his has been the saddest week ever. First, my best friend, Aiko, moved across the country. Then, I wiped out on my bike and broke my leg! To top it off, now we have to cancel our family's hiking trip. I've been excited about this trip for months. Ugh, what a bummer!

But when I got my cast, the doctor reminded me that everyone has challenges. She gave me

a calendar and marked the weeks until the cast comes off. So I have hope for better times ahead.

On the calendar, I wrote my "Plan to Persevere" and filled the days with positive ideas. I picked days to invite friends over, volunteer at the animal shelter, and do kind things for others. I even put in reminders to say prayers. Whatever life throws at me, it helps to look for ways to be hopeful.

## ARE YOU HOPEFUL?

Circle your answers, then add up your points.

1. I say prayers and read sacred writings to lift my spirits.  
**OFTEN: 3 • SOMETIMES: 2 • RARELY: 1**
2. I take care of my health by eating nutritious food and getting enough sleep.  
**OFTEN: 3 • SOMETIMES: 2 • RARELY: 1**
3. When I'm feeling sad, I talk to family or friends.  
**OFTEN: 3 • SOMETIMES: 2 • RARELY: 1**
4. I think about or write down things I'm grateful for.  
**OFTEN: 3 • SOMETIMES: 2 • RARELY: 1**
5. I focus on what I can do today, and try not to dwell on the past.  
**OFTEN: 3 • SOMETIMES: 2 • RARELY: 1**
6. I catch my negative thoughts and turn them into positive ones.  
**OFTEN: 3 • SOMETIMES: 2 • RARELY: 1**
7. I learn about heroes who have overcome difficulties.  
**OFTEN: 3 • SOMETIMES: 2 • RARELY: 1**
8. I do small acts of kindness for others.  
**OFTEN: 3 • SOMETIMES: 2 • RARELY: 1**
9. I spend time with positive and supportive friends.  
**OFTEN: 3 • SOMETIMES: 2 • RARELY: 1**
10. I make music, do art, or write in a journal to express my feelings.  
**OFTEN: 3 • SOMETIMES: 2 • RARELY: 1**
11. I exercise or walk in nature to keep my body and mind strong.  
**OFTEN: 3 • SOMETIMES: 2 • RARELY: 1**
12. I make a plan to reach my dreams and take small steps to achieve them.  
**OFTEN: 3 • SOMETIMES: 2 • RARELY: 1**

MY TOTAL SCORE: \_\_\_\_\_

**36–28 points:** You're full of hope and ready to take on the adventure of life. Keep it up!

**27–20 points:** You're doing great. If life throws you a challenge, try another tip from the quiz.

**19–12 points:** You can do this! Pick tips from the quiz to work on, or talk about it with a friend.