### Worksheet 1

**Journaling**

**Task:** Please keep a journal to record your thoughts and feelings daily. Write down for at least one week what you experience, what brings you joy or concern, and what you learn.

**Solution:** After one week, take some time to read your journal. Identify patterns in your thoughts and feelings. Are there things that occupy your mind more frequently? What have you learned about yourself? Note down the key insights.

### Worksheet 2

**Reflection After a Challenge**

**Task:** Consider a situation where you recently faced a challenge or problem. Write down what happened, how you reacted, and what you felt during that time.

**Solution:** Consider what you have learned from this experience after documenting this. Are there things you would like to do differently in the future? How could you react better in similar situations? Record your insights and potential areas for improvement.

### Worksheet 3

**Task:** Set a personal goal, whether academic, athletic, or individual. Regularly document how you are working on it and your progress.

**Solution:** Write regular updates about your goal and progress over weeks or months. Reflect on what has worked well and what hasn't. What adjustments did you have to make? How do you feel on the journey toward your goal? This will help strengthen your self-confidence and consistently work towards your objectives.

### Worksheet 4

**Task:** Please ask a classmate for honest feedback on your behavior or work in school. In return, offer feedback as well.

**Solution:** After receiving the feedback, reflect on how you feel and what you have learned from this process. Were there similarities or differences between your self-perception and your classmate's perception? This can contribute to how you improve your interaction with others.