



My Coping Toolbox

Name: _____

Helpful Words:

- **Coping** = things I do to handle hard feelings and situations
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers below.
Your coping skills are your tools for strength!

Use the back of this sheet if you need more space.

1. One big feeling I sometimes have is:

2. When I feel this way, it helps to:

3. A person I can talk to is:

4. My favorite coping strategy is:

5. A coping superpower I want to build is:

6. This is how coping helps me grow my personal competitive advantage:

7. Coping can help me live the lifestyle I want by: