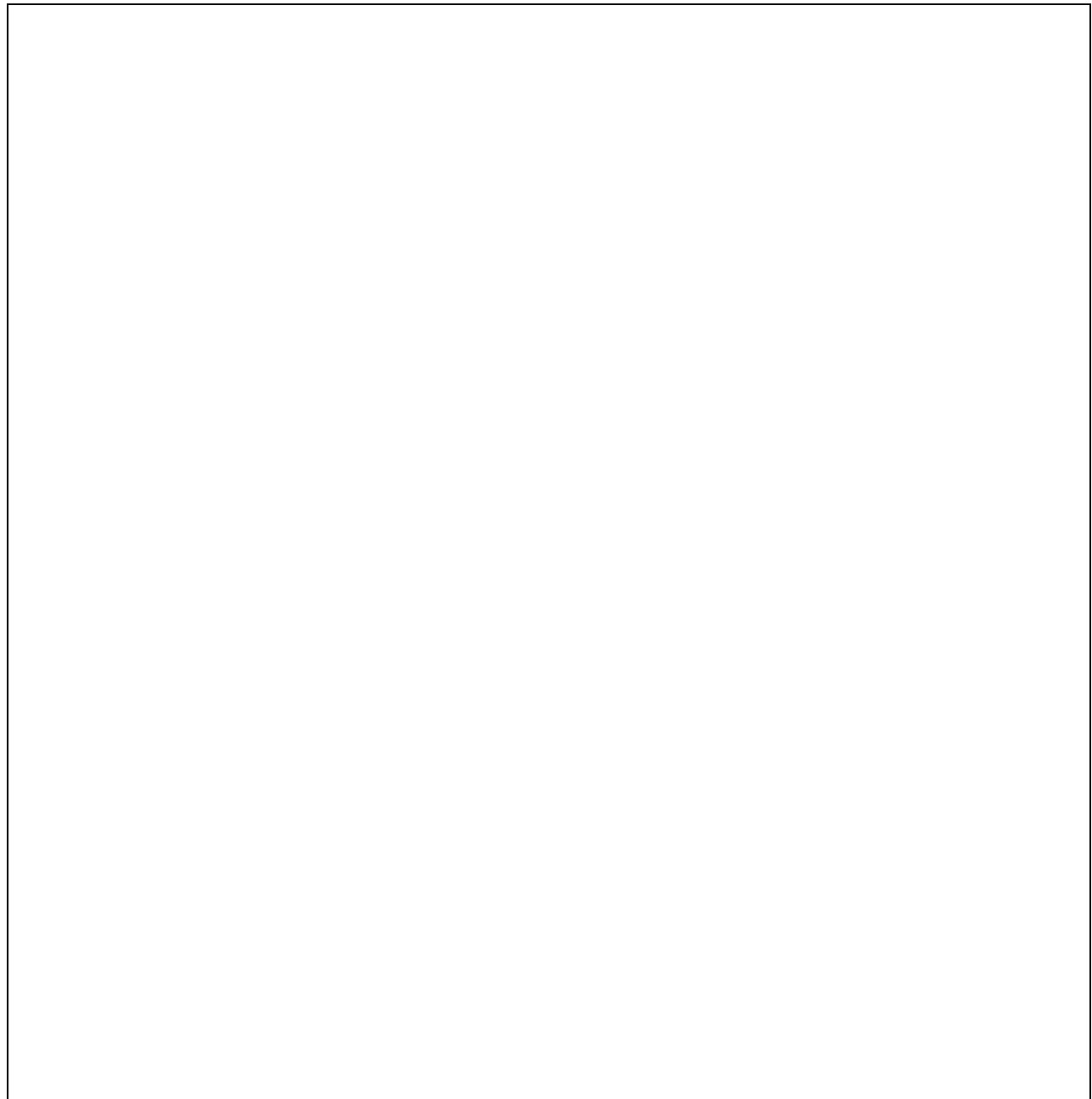


Weight of the World

Use the box below to draw a little picture of yourself at the bottom and then write out all of the things you are “carrying on your shoulders” right now. Be sure to assign a weight to each stressor. On a scale of 0 (no pressure) to 100 (bone-breaking pressure) how much does each one weigh?



Total weight I am carrying on my shoulders right now =