

## **Dealing with Set-Backs**

It is the rare person who won't get discouraged, make mistakes, or have set-backs while working on a life goal. It's a part of life. So, the best thing to do is to make plans for how you'll cope when you don't feel good about yourself or how things are going.

First of all, it really can help to get a pep talk when you feel down or discouraged about your plans. Even if you're a private person or don't want to talk about it, you still may feel better just hearing from someone who believes in you, has been there, or otherwise gives you hope. This can be family, friends, peers, a therapist, a doctor, and so on.

**List here two people you can talk to when you feel discouraged:**

**1.**

**2.**

**List here one thing you'll do when you feel like giving up on your goal:**

**1.**