AMANDA TICE PRESENTS THE

#ticechallenge
Day 7: Maintenance

I TEND TO BE RELATIVELY FORGETFUL. THAT BEING SAID, I'VE FOUND THAT SOMETIMES EASY AND QUICK REMINDERS ABOUT WHO I WANT TO BE, WHO I AM AND WHAT MATTERS TO ME CAN INSTANTLY BRIGHTEN MY MOOD AND DEMEANOR.

IN TODAY'S ACTIVITY, YOU WILL FINISH THE LIST OF SENTENCES I'VE PROVIDED FOR YOU. DOWNLOAD THIS FORM HERE.

THEN, WRITE DOWN THE BEGINNING OF EACH SENTENCE (THAT I'VE PROVIDED) ON ONE LINE AND THE END OF THE SENTENCE (AKA YOUR RESPONSE) ON THE LINE BELOW IT.

THEN, USE SCISSORS TO CUT YOUR FULL SENTENCES INTO LONG STRIPS. FOLD THEM OVER AND PLACE THEM IN YOUR JAR. ONCE FINISHED, KEEP THIS JAR NEARBY SO THAT YOU CAN PULL OUT A RANDOM STRIP AND HELP REMIND YOURSELF OF WHO YOU ARE.

I ALSO LIKE TO ADD SMALL PIECES OF DARK CHOCOLATE TO MY JAR FOR AN EXTRA PICK ME UP.

1.) MATERIALS & TIME COMMITMENT

Jar with lid. Colored Paper. Pen. Scissors. Optional: Dark Chocolate. 30 minutes.

2.) FOLLOW-UP QUESTIONS

-After responding to all these questions, it's time to reflect on your overall feelings throughout the entire Tice Challenge. What worked for you and what didn't?

-Will you be able to use these tools to provide relief and reinforcement in the future?

3.) TICE ADVICE

Reminding yourself of your value can reignite happiness during dark times.

"KNOWING YOURSELF IS THE BEGINNING OF ALL WISDOM."

- Aristotle