

What if?

How would this event affect your **short-term** goals?

How would this event affect your **long-term** goals?

List **3** ways that you could cope with this very stressful situation.

1.

2.

3.

DIRECTIONS: After identifying short and long-term personal goals, describe the impact of a traumatic stress (*assigned by your teacher*) and how you would overcome the stress.

Two of my immediate or **short-term** goals in life are:

1.

2.

Two of my **long-term** goals in life are:

1.

2.

My life-altering event (*as assigned*):
