

Name _____



Patience Plan Builder

Directions: Think about a real situation in your life where you struggle to wait or stay calm. Use this journal to describe the challenge and create a clear plan for improving your patience step by step.

- The Situation:** Describe a time when waiting or slowing down was hard for you. What happened?
- The Feelings:** How did you feel while waiting? (Examples: frustrated, anxious, restless)
- The Thoughts:** What kinds of thoughts went through your mind at that moment?
- The Reaction:** What did you do when you started feeling impatient?
- The Goal:** What would you like to do differently next time to show more patience?
- My Step-by-Step Patience Plan:**
Step 1: _____
Step 2: _____
Step 3: _____
- The Reflection:** How will becoming more patient help you in school, work, or relationships?