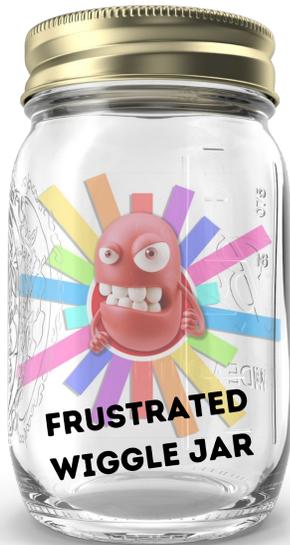


FEELING FRUSTRATED?

Sometimes we try really hard but things don't turn out exactly the way we want. You can turn your **Frustration** into **Motivation** by performing physical activities from the Wiggle Jar! Let's practice. Perform each activity for up to 30 seconds. When finished, mark this event complete on your scorecard.



Perform all activities for up to 30 seconds with 15 seconds of rest in between each activity.

1. **Stomp in place (feet or hands) and count down from 10.**
2. **Twist and punch the air while growling.**
3. **Look up and clap your hands above your head 7 times.**
4. **Put your arms across your chest and pat yourself on the back with both hands.**
5. **And then to finish, take 3 deep, slow breaths.**

Get 30-Second Interval Music on [Apple Music](#) or [Spotify](#).

Congratulations!

You've started the process of turning your **Frustration** into **Motivation**!



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WIGGLE YOUR **FRUSTRATION** INTO **MOTIVATION**

Frustration shows up when we're angry or disappointed about something. It helps us accept a loss or a change and creatively overcome an obstacle.

Here's how you can channel your Frustration into Motivation:

1. Do some of the wiggles from the **Frustrated Wiggle Jar** to move the stress out of your body.
2. Once you're feeling calmer, take a deep breath.
3. Then ask yourself, "What am I frustrated about? What did I want or hope for that didn't happen? Was there anything I was looking forward to that changed or was much harder than I thought?"
4. Normally frustration shows up when an obstacle appears. At first we will try to fight against the obstacle and might even get mad or sad. But you can use your frustration to pivot into a new path. All you have to do is add your creativity. How can you look at this differently? Is there any way to get to the same goal using a different path? What's still working that you can be grateful for?



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