



How are you strong?



Knowing what you are good at gives you tools to use when you are faced with challenges.

For example, if you are not patient, but are great at writing, consider walking away from an argument and writing a letter instead.

I am good at . .	which can help me when .
1.	
2.	
3.	

Consider: What are you proud of? What do you do well? What are things other people celebrate? What are things that others don't know about you?