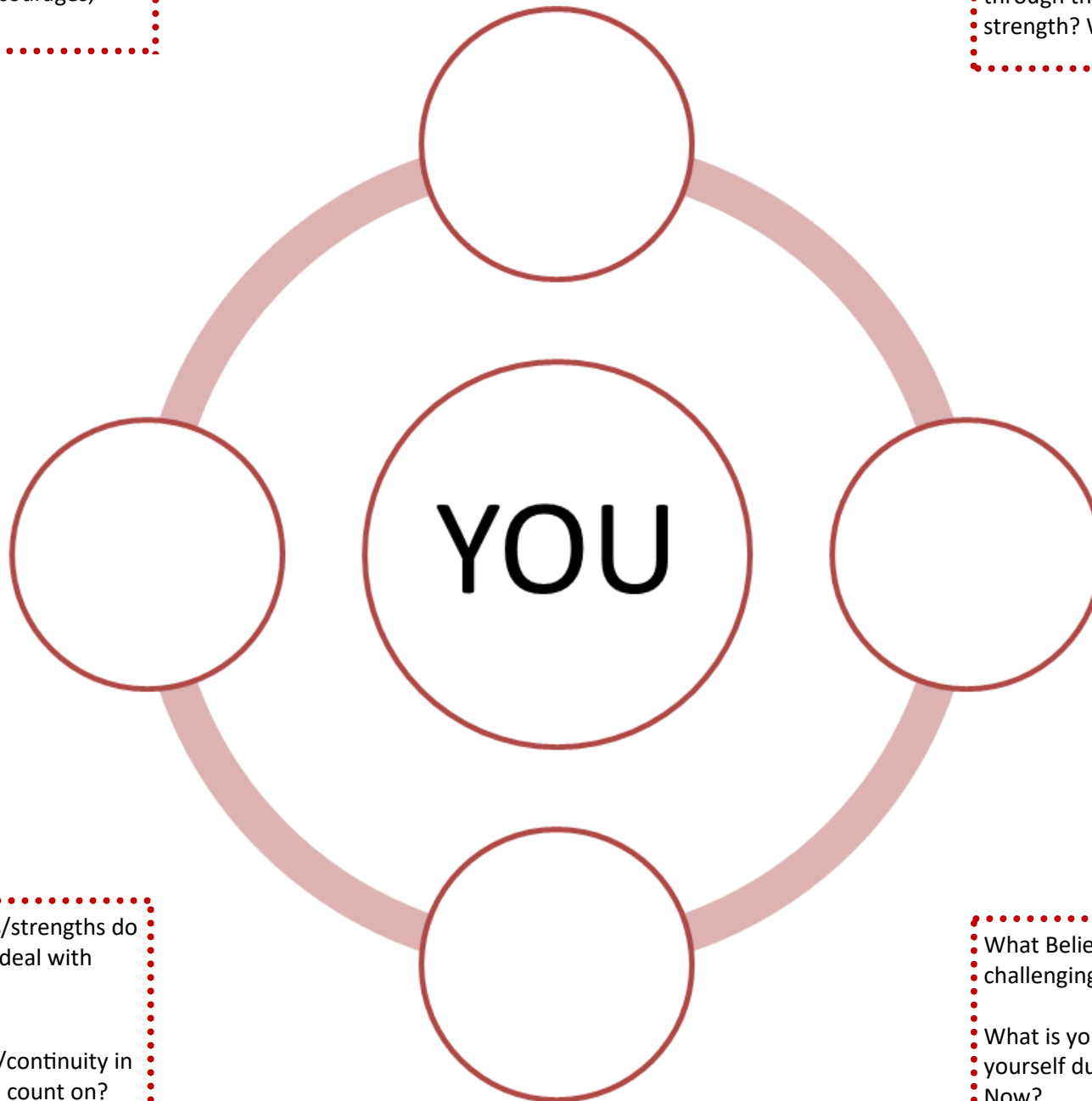


YOU ARE RESILIENT!

Who is part of your Support System?
(Protects, comforts, encourages,
advocates, entertains)

What life experiences have you been
through that remind you of your
strength? What are you capable of?



What personal qualities/strengths do
you have that help you deal with
challenging times?

Where is there stability/continuity in
your life? What can you count on?

What Beliefs help you get through
challenging times?

What is your Mantra or message for
yourself during challenging times?
Now?