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|  | **WHAT THINGS DO YOU DO THAT HELP?**  **Think about times when you have struggled or experienced challenges – how did you get through it?** |
| **STRATEGIES**  **Practical things we do** |  |
| **STRENGTHS**  **Things we draw upon from within ourselves** |  |
| **RESOURCES**  **Things (or people) we turn to for nourishment, inspiration, guidance or support** |  |
| **INSIGHTS**  **Ideas, perspectives or sayings we find useful** |  |