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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** |   |