

 **Worksheet** 

Remembering Your Strength & Adaptability

1. Look Back at What You've Handled

List **three challenges or seasons** you've made it through.

1. _____
2. _____
3. _____

2. Acknowledge How You Adapted

For **one** of the situations above, answer:

- What did I *figure out* or *learn* during this time?
- What strength did I use?
 Persistence Creativity Courage Patience Flexibility Other:

3. Claim the Wisdom

Finish this sentence:

- *“Because I lived through this, I now know*

_____”

4. Bring It Into the Present

- How can this wisdom help me right now?