

Inner Strengths

We all have Inner Strengths, whether we feel them within us or not. Even in this trying time, there is strength within you, otherwise you would not be taking this course.

If others were asked to describe *your* Inner Strengths, which of the ones in the graphic below would you think they would choose? Draw a circle around those. Next, draw a star (or other symbol) next to those that you would use to describe yourself. Choose as many as you possibly can and feel free to write in more.

I am...

