



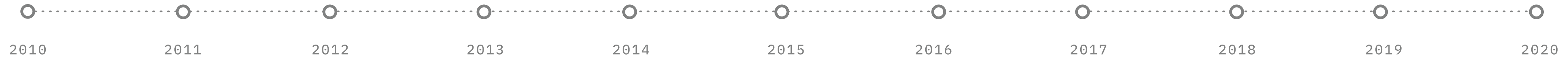
ACTIVITY WORKSHEET

# Strong Stories



## Reflection Prompts

- A time you felt proud
- A moment you surprised yourself
- An experience that changed you or your view
- A challenge you overcame (or didn't)
- A time you learned something new about yourself
- A transition where you changed your story



### SMALL STORIES

### BIG STORIES



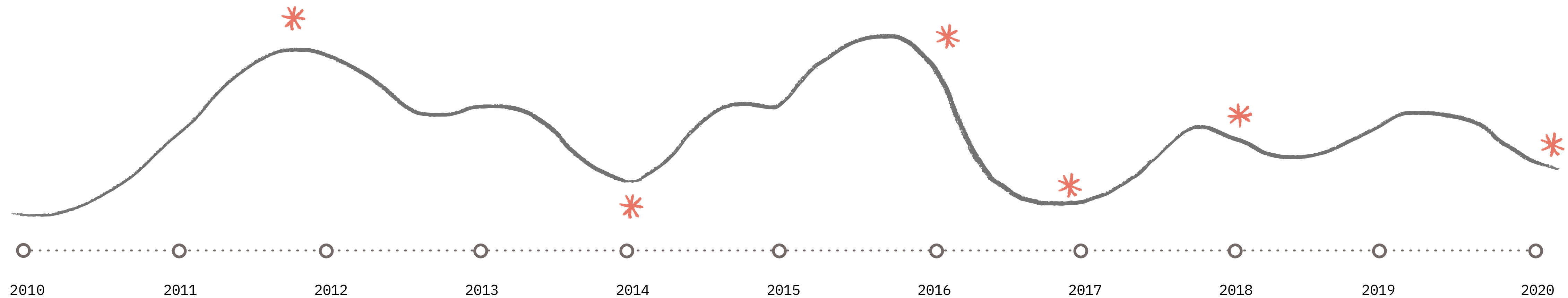
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### SMALL STORIES

*I made watercolors for my friends*

*I did my first trip abroad*

*My cat passed away*

### BIG STORIES

*Got hired for my first job*

*Lost a good friend*

*Celebrated a big birthday*