


# CIRCLE OF STRENGTHS & STRUGGLES

We all have struggles.  
But we also all have strengths

Sometimes we get out of balance  
and only think of our struggles  
or problems. But we need to  
understand that we all have  
good things about us.

If you're struggling then you  
need to recognise your positives  
and your strengths. So in the circle  
fill in one space with a struggle and  
the next one with a good thing!

 YOUR NOTES

