**HANDOUT [A] - MY PERSONAL STORY**

**Fill out the chart below for challenges or events you experience in your life**

|  |  |  |
| --- | --- | --- |
| **Challenge/Life Changing Event** | **Strategies to Overcome** | **Strengths/Skills Gained** |
| Example: My father left when I was young | Had to make choices about school. Help ran household for ailing Mom, worked hard to help pay bills | Learned to be responsible for self and others, make decisions and manage finances |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |

**HANDOUT [B] - REFLECTION QUESTIONS**

**Answer the following reflection questions**

1. How did these events change the way you see the world?

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2. What challenge are you proudest of overcoming? Why?

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3. When looking back on all your obstacles, what strategies were your best ones? Why?

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