



# STRENGTH IN OUR STORIES

Personal Challenges & Strength

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**“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.”**

—Arnold Schwarzenegger

Respond to the following questions:

- I agree/disagree with this quote because...
- This quote reminds me of ... because ...
- Do you think reflecting on your challenges is a helpful way to identify your assets? Why or why not?
- What other techniques could you use to identify your assets?



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## PERSONAL REFLECTION: CHALLENGES & STRENGTHS

Use the graphic organizer below to map out details about an asset you've developed through facing a challenge.

A CHALLENGE I'VE FACED	PERSONAL ASSET THAT HELPED ME OVERCOME THIS OBSTACLE
A STORY OF HOW I USED THIS ASSET TO OVERCOME THE CHALLENGE I FACED	



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## **RECORDING ASSIGNMENT: STRENGTH IN STRUGGLE**

Record a story in response to one of the following prompts:

- One asset I have is... I demonstrated this asset when...
- One story of how I used an asset to overcome a challenge I faced is...