“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?
PERSONAL REFLECTION: CHALLENGES & STRENGTHS
Use the graphic organizer below to map out details about an asset you’ve developed through facing a challenge.

<table>
<thead>
<tr>
<th>A CHALLENGE I’VE FACED</th>
<th>PERSONAL ASSET THAT HELPED ME OVERCOME THIS OBSTACLE</th>
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A STORY OF HOW I USED THIS ASSET TO OVERCOME THE CHALLENGE I FACED
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...