

Motivation & Strength

Stayed patient
Solved problems
Asked for help

Recognize a Personal Strength

Think of one skill, quality, or ability you have used before.

Do one thing that moves
you forward.

Choose one small action and do just that.

Remember Something You Handled

Think of one situation you have already gotten through or managed, even if it was difficult.

Do one thing that moves
you forward.
Choose one small action and do just that.

Take One Purposeful Step

Choose one small action you can take toward what you're doing right now.



Find Something Supportive

Sit or stand near something that feels steady or supportive, such as a wall, chair, object, or person.