Strengths in Challenging Times Worksheet

You don't get to choose the deck of cards you are dealt in life; you only get to choose how you play with them. Consider the following:

•	What is the best way to play the hand I have been dealt?
-	What strengths will help me through this challenge?
-	What strengths might I develop as I go through these difficult times?
•	How can I learn and grow from this experience?