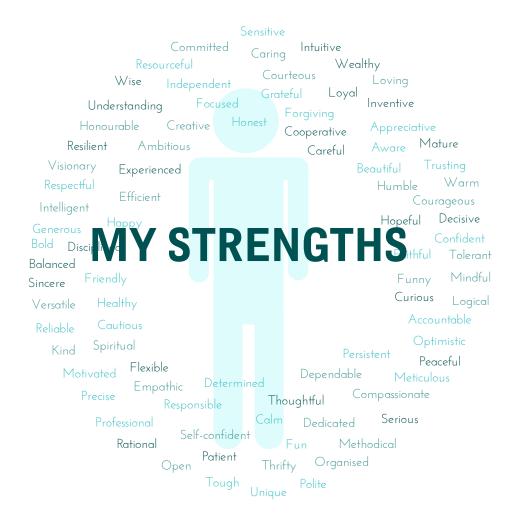
Think about your strengths in different areas of your life. The following list might give you some ideas before filling out the map. Be sure to include some actionable skills (like cooking) and some social-emotional skills (like staying calm in emergencies).



HEALTH AND PHYSICAL	
	RELATIONSHIPS
PERSONAL QUALITIES	
	PROBLEM SOLVING/COPING WITH STRESS
VALUES AND BELIEFS	
	WORK, STUDY AND SKILLS

