



Moving through change



	Things I am good at.....
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

What ones do you know in your heart of hearts that you are good at?

What ones do other people tell you are good at?

Now add the ones that you just take for granted that you are good and write at least 5 of them down!

Date: _____

Signature: _____