



# Inner Strength



## Module 1

In this module, you have been learning skills that support you to be centered and calm during times of change. Learning these skills empowers you to develop greater ease and self-confidence during any new beginning you might encounter in your life.

Open your Self-Reflection Journal. You can use a small notebook, an online file, or a note app on your phone. Find one that you enjoy using, that inspires you to think and write.

When you have your Journal ready, read through the following questions for reflection. After reading them, pause, take 3 mindful breaths, then choose one or two questions that you feel inspired to write about.

Take about 10 minutes total for your Self-Reflection. You can write 10 minutes on one question and go into more depth, or write 5 minutes about two questions. Write at least 200 words total or more

Remember, when you write about your thoughts and feelings, it helps you:

- Gain self-knowledge.
- Feel centered and confident in your strengths and in what is most important to you.
- Appreciate more about your qualities and insights that you might not have noticed before.

### REFLECTION QUESTIONS

**1. What are 3 of your strengths and how do they help you when you are starting something new?** *Write down how those strengths have helped you in past situations. For example, if listening carefully is one of your strengths, recall how a good listener might have helped you when starting a new school year and making new friends.*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

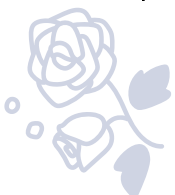
---

---

---

---

---





# Inner Strength



**2. When you did mindful breathing, what thoughts and feelings did you notice? Describe what was on your mind and any thoughts or feelings that surprised you. How did you feel after the exercise?** *When you did mindful breathing, what thoughts and feelings did you notice? Describe what was on your mind and any thoughts or feelings that surprised you. How did you feel after the exercise?*

---

---

---

---

---

---

---

---

---

---

---

---

**3. Mindful breathing helps with calm and focus. It is a great tool to use when you are over-excited, nervous, frustrated, or angry. When could you use mindful breathing to help you feel strong and centered?**

---

---

---

---

---

---

---

---

---

---

---

---

