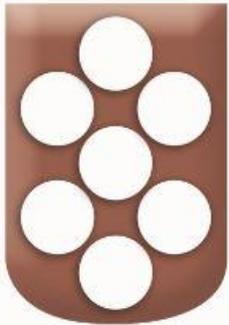
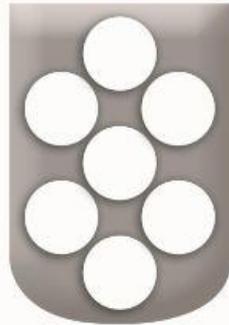
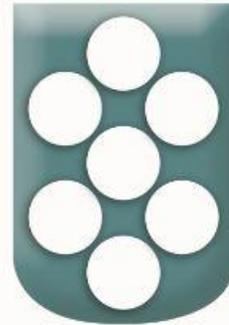
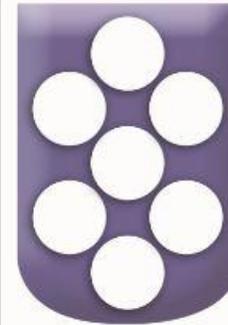
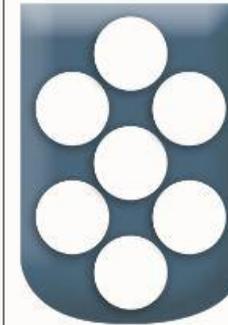
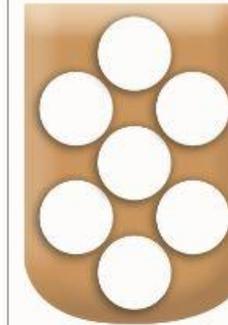
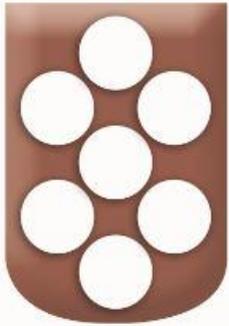
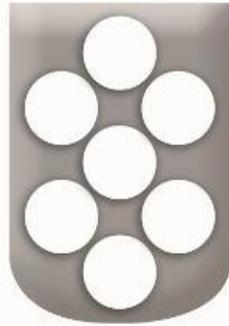
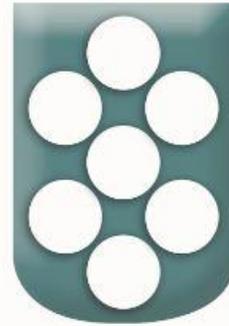
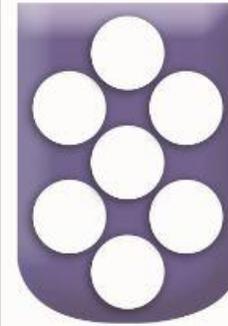
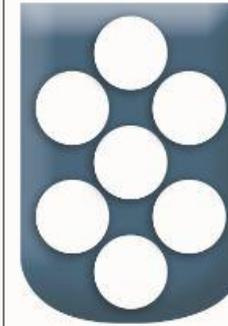
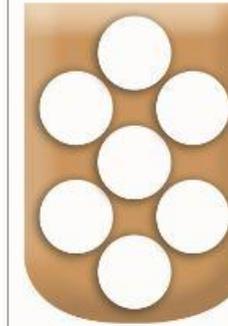


Start Point Self-Reflection: Worksheet

Priority topics for emotional resilience

Colour a circle each time you circle one of the characteristics of 'negative impact'.
Notice where you feel 'heavy' from the circles.

	ESSENTIALS	SELF-WORTH	SELF-CONTROL	MOOD	EMPATHY	CARING	UNDERSTANDING
VERY HIGH negative impact							
VERY LOW negative impact							
TOTAL							