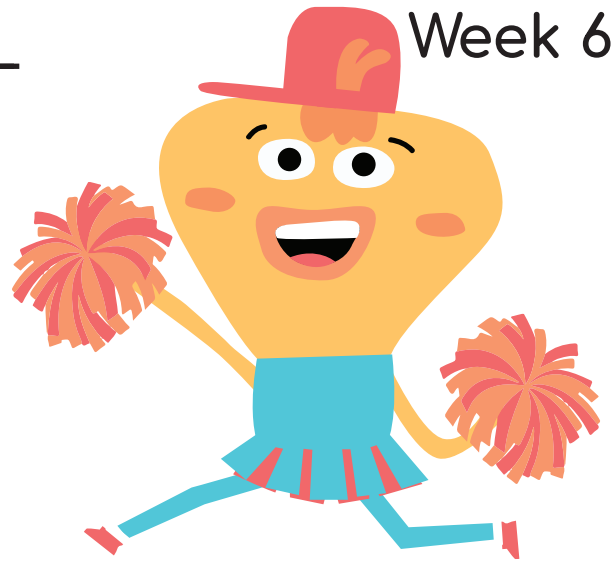


Name: _____

Week 6

Write down a change in your life, it can be recent or not so recent.



Did you find this change difficult, ok, or easy? (Circle one)

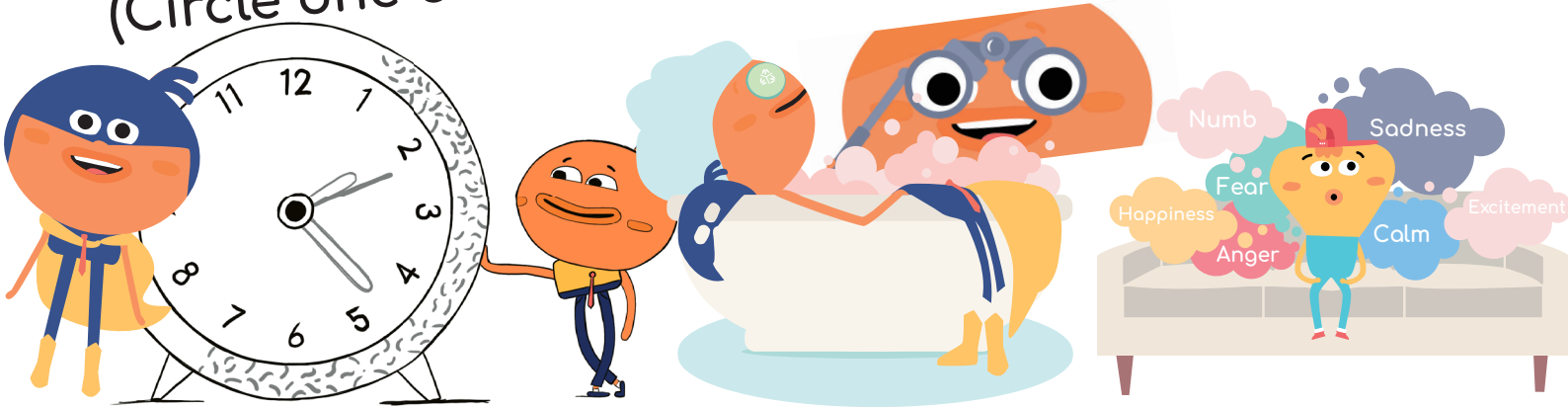
Difficult

ok

Easy

What tools did you use, that you have learned in this program, to help you deal with the change?

(Circle one or many)



And finally... describe how you adapted to this change, or, in other words, how you were resilient!

