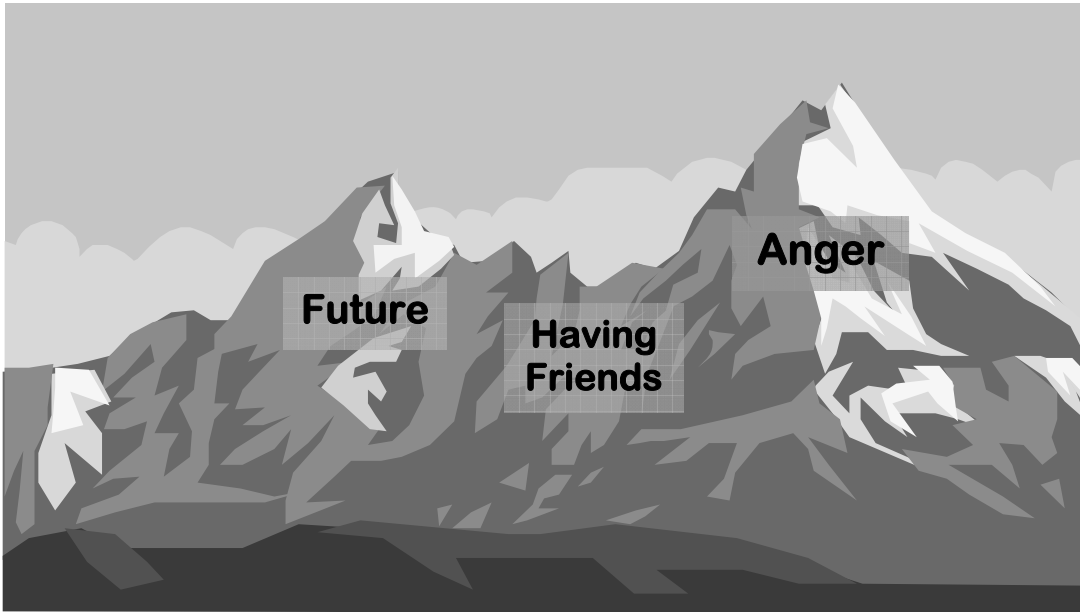


## Overcoming Life Challenges Worksheet (Pam Gulley)

Mountains represent life challenges. Individual youth could fill in what their challenges are into the mountains. For example:

- Anger
- Having Friends
- Future



Then youth would be instructed to fill in what they could do to overcome each of these challenges.

I can move mountains when \_\_\_\_\_

I am strong when \_\_\_\_\_

Asked youth: what makes them strong?

