**How can we support ourselves and others?**

Brainstorm the ways you can support yourself to be the best you can be.

Then, brainstorm the ways you can support others to be the best they can be.

**Challenge**

**Circle three strategies that would be easy to start doing.**

**Underline three strategies that would have a big positive impact on you or someone else.**

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| --- |
| **Which strategies have you circled and underlined?**  **What does this tell you?** |
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