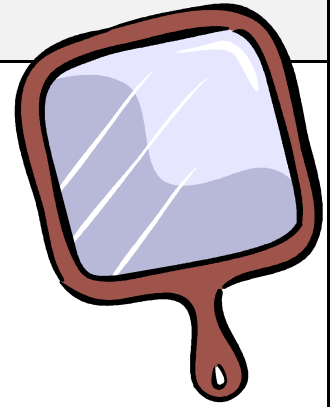


I AM...

Example: "I am nice"



I HAVE...

Example: "I have energy"



I CAN...

Example: "I can make people smile"



I AM, I CAN, I HAVE

Directions:

Identifying what you can do, what you have, and what you are is helpful in building strengths and resilience. Resilience means your ability to bounce back and overcome challenges you might face.

List positives about who you are, the things you have, and the things you can do. When finished, consider placing these somewhere where you can remind yourself of your strengths.

I AM...
Example: "I am nice"
I am a musician, I am smart, I am a good student, a good listener, I am caring, I am funny, I am creative, I am nice, I am athletic, I am an artist.

I HAVE...
Example: "I have energy"
I have a supportive family, I have good friends, I have intelligence, I have energy, I have time, I have an X-Box 360, I have a fun personality, I have a skateboard, I have pets, I have some choices.

I CAN...
Example: "I can make people smile"
I can write well, I can run fast, I can make people smile, I can get better, I can help others, I can make friends, I can learn, I can laugh, I can text fast, play video games well, I can play games.
