

Building Resilience

WITH THE 3 As

Do you have a goal or challenge that you could use some motivation on? Use the 3 As to help guide you.

Awareness

HOW can you become more aware of yourself and the world/people around you to help meet your goal or overcome your challenge?

Allies

WHO (or what) can support you in your goal/challenge? This may include family/friends, peers, nature, ancestors, lessons, art, music, dance, etc.

Action

WHAT is ONE step you could take towards your goal/challenge, considering what you're now aware of and who your allies are?

