



My Beliefs



Draw and label a picture showing a challenge you have had to overcome in your life.

How did you overcome this challenge?

What beliefs helped you to overcome this challenge?



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A large rounded rectangular box with a black outline and three small circles at the bottom right corner, resembling a speech bubble or a thought bubble.

Write about two challenges you have faced in your life:

Challenge 1:

Three horizontal lines for writing.

Challenge 2:

Three horizontal lines for writing.

How did you overcome these challenges?

Challenge 1:

Five horizontal lines for writing.

Challenge 2:

Five horizontal lines for writing.



Explain the beliefs that helped you to overcome these challenges.

Challenge 1:

Challenge 2:



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Describe a challenge you overcame in your life:

Describe a challenge you have found difficult to overcome:

When you overcame your challenge, what were your beliefs?	When you didn't overcome a challenge, what were your beliefs?

List your beliefs for the two situations described above.

How did your beliefs affect your actions during these challenges?
