

*Activity 5-2: Quick wins*

**Strengths**

One quick win involves recognizing your strengths. Think about five of your greatest strengths (e.g., the considerate things that you do for yourself or for other people, your sense of humour, your skill in a particular sport).

List them below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Role models**

Another quick win can involve identifying role models. These could be other people who have overcome adversity and whom you admire because of the way they can take care of themselves, both in calm periods and in crises. Think specifically about why you are choosing these particular people as role models, and identify the characteristics that you appreciate in them.

My role models are:

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