

Part 1 - Where I am?

Some people find it helpful to write or talk about their story. You might find it useful to write your story here. Think about the following questions: Who are you? What brought you to this point in your life? What strengths might you draw upon?

Guide: Begin to write your story, below. This is to help you reflect and understand where you are right now in your life as well as the past/where you've been in your life. This is your story. You can start anywhere. You can also continually update your story.

- There is no right or wrong way to write your story – just start and don't worry about finishing it
- Your story can include major changes in your life (both emotional and physical)
- You can write in paragraph form or bullet form, whatever you find helpful
