

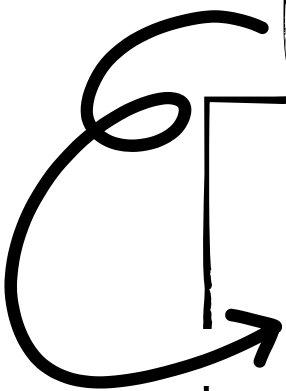
Can you think of a time when something at felt hard or scary but you did it?

What I did



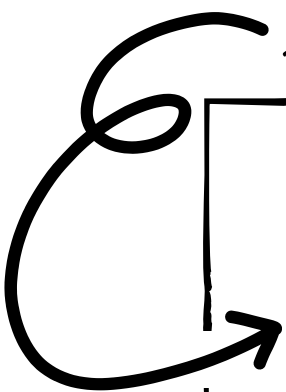
Empty rectangular box for writing the answer to 'What I did'.

What helped



Empty rectangular box for writing the answer to 'What helped'.

How I felt



Empty rectangular box for writing the answer to 'How I felt'.