



# Evidence of Strength List

Recognizing what you've already carried, handled, and rebuilt

## Before You Begin

When we're going through financial disruption, it's easy to focus on:

- what hasn't worked
- what feels uncertain
- what still needs to be figured out

But often, we overlook something important:

✿ what we've already handled.

This is a space to gently recognize your own strength-- without exaggeration or pressure.

Take a breath before you begin.

Sometimes the most important thing is not learning something new-- but recognizing what you've already done.













## Part 6: What This Says About Me

Pause and reflect.

What do these experiences reveal about me?

- I am resilient
  - I am resourceful
  - I can adapt
  - I continue even when things are hard
  - I am learning
  - Other: \_\_\_\_\_
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## Part 7: A Grounded Acknowledgment

Not exaggerated. Just true.

**One thing I can honestly acknowledge about myself:**

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# Closing Reflection

You may not feel strong.

But strength is not always something we feel.

It is often something we can only see when we pause and look back.

**Your thoughts...**

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