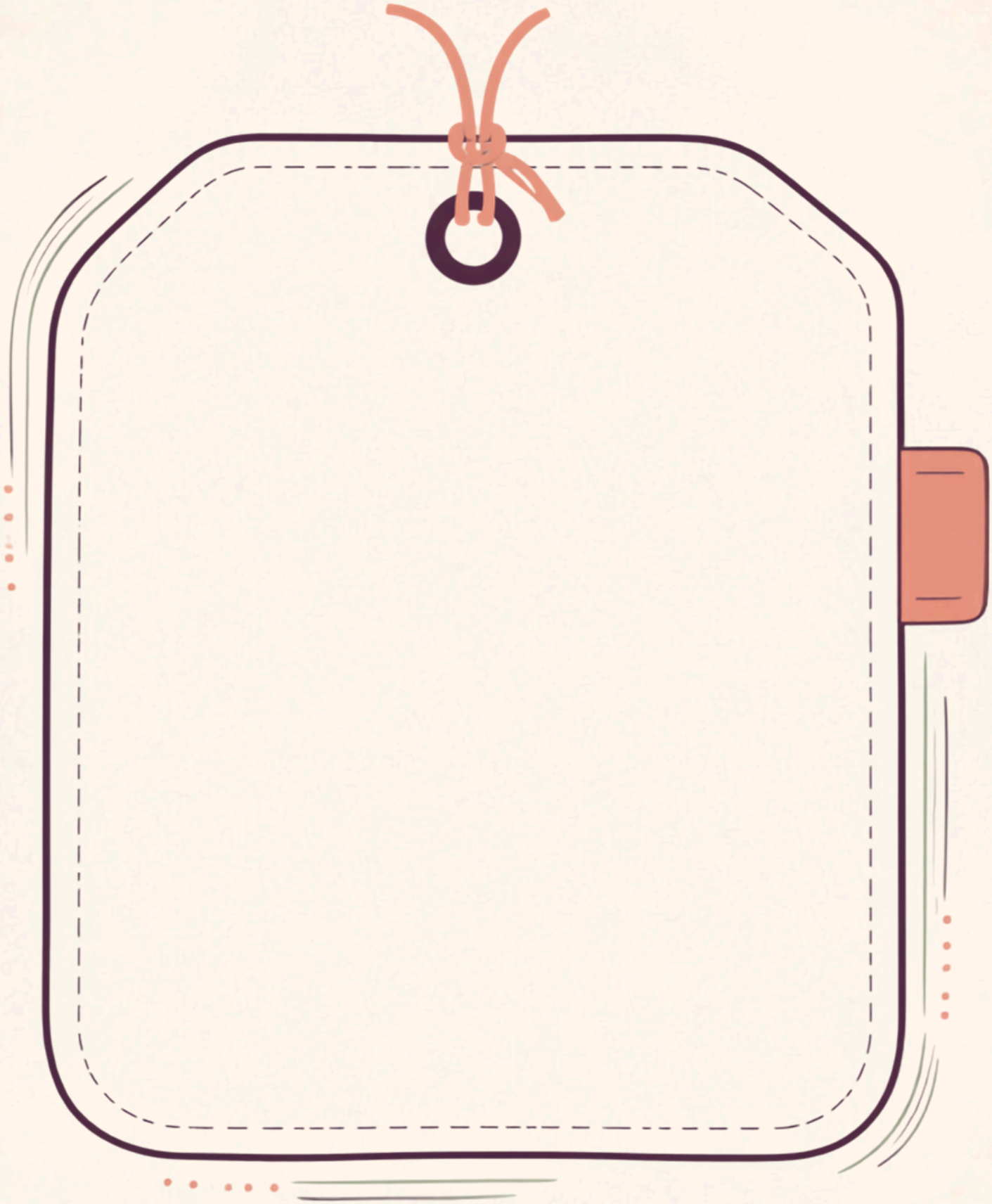
Labels

Write down a label others have given you or a label you've given yourself.



More than one story

Think of three experiences that show this label does not tell the whole story. Write a few words or as much as you need.

1. **A time I...**

2. **Another experience...**

3. **One more example...**

Naming My Strengths

Think about your story, what strengths do you hear?
Engage in self-reflection, or discuss with a partner or small group.

A word I want to remember: