

Reflecting on Overcoming Challenges

This worksheet is designed to help you reflect on and document the challenges you have overcome in your life.

By identifying and understanding your past successes, you can gain confidence for your storytelling and advocacy journey. Take your time and answer the questions thoughtfully. Feel free to ask for support if needed. You can answer these questions however you like - this might include writing your answers, drawing a picture or recording a voice note or a video. Whatever works best for you!

01

What does 'overcoming challenges' mean to you?

Write a short description, draw a picture or record something to represent your understanding.

02

**Think about a time in your life when you faced a difficult situation or challenge.
It could be big or small, personal or related to your community.
Describe the challenge below.**

03

**How did you feel when you encountered this challenge?
Write, draw or record your emotions during that time.**

04

What actions did you take to overcome the challenge?

Write, draw or record the steps you took to face and overcome the situation.

05

Who or what supported you during this challenging time?

Write the names of people, resources or strategies that helped you overcome the challenge.

06

How did you feel after overcoming the challenge?

Describe the emotions you experienced when you realised you had successfully overcome the difficulty.

07

**What did you learn from this challenge?
How did it shape you as a person?**

08

How can you use this experience in your storytelling and advocacy?
Consider how sharing this story can raise awareness about similar challenges.

09

What is one piece of advice you would give to others facing
similar challenges?

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Remember, storytelling and advocacy are powerful tools to make a difference in the world. Your personal experiences and the challenges you have overcome hold immense value. Use this worksheet as a starting point to reflect on your journey and gather ideas for sharing your stories with others.

If you need any assistance or support while completing this worksheet, feel free to reach out to someone you trust. Your voice matters and your stories have the power to create change.

Keep up the great work!

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