



STRONGER THAN YOU THINK

YOUTH WORKSHOP



WHO YOU ARE

- Loyal to the people you care about
- Brave in scary situations
- Cautious and careful
- Hard working
- Excited to learn new things
- Energetic
- Refuse to give up even when things get hard
- A person other people can trust
- Keep going even when things get hard
- Able to admit when you are wrong
- Bold and confident in who you are
- Willing to ask questions
- Pay attention to details
- Tell the truth even when its hard
- Look at difficult situations in a positive way
- Look at difficult situations in a real way
- Thoughtful
- Try things that are new and different
- Quick thinker
- Forgive others even when they don't deserve it
- Able to reflect on ways you can improve
- Motivated to get things done
- Always aware of your surroundings
- Passionate
- Keep your word and do what you say you're going to do



THINGS YOU CAN DO

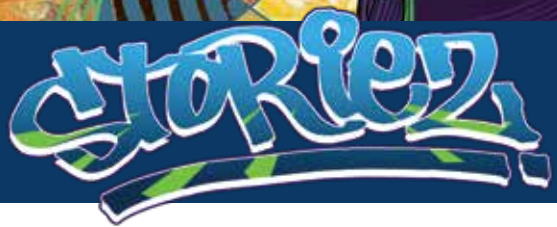
- Keep things organized
- Tell others how you feel
- Able to solve problems
- Work well with other people
- Figure out ways to get out of difficult situations
- Keep the peace when others have conflict
- Connect with how others feel
- Able to come up with new ideas
- Able to finish the things that you start
- Stand up for what you believe in
- Able to make friends
- Talk to others in kind and encouraging ways
- Show respect to others
- Follow through with the things you say you will do
- Able to make others laugh
- Follow directions
- Able to lead others
- Speak in a way that makes others listen
- Communicate your thoughts and feelings
- Help others
- Encourage others to think about things in different ways
- Ask for help when you need it
- Imagine new and different things
- Support others in working on their ideas
- Defend the people you care about



SKILLS YOU HAVE

- Writing
- Reading
- Technology
- Math
- Science
- Putting things together
- Taking things apart
- Fixing things that are broken
- Managing money
- Drawing
- Painting
- Music
- Dance
- Using your imagination
- Staying focused
- Planning ahead
- Fashion
- Connecting with people
- Sports
- Motivating others
- Speaking in front of other people
- Leadership
- Solving problems in unique ways
- Making money
- Teaching others new and different things





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YOUR STRENGTHS

A large, empty rectangular box with a black border, intended for students to write about their strengths.



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SUPPORT LETTER

Date: _____

Dear _____ (support person),

Today I participated in a workshop called "You Are the Vision." In this workshop, I learned about "vision." Vision is when a person imagines something new and different for their life. I created a plan to help me think about the vision I have for myself, my family, and my community. I am giving you this letter to ask you to make a copy of my plan. You can also take a picture of it. Please remind me of my vision, especially when things get hard. Thank you for being a support in my life.

_____ (child or teenager)