

YOU ARE THE VISION

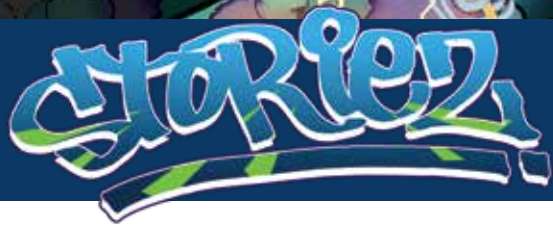
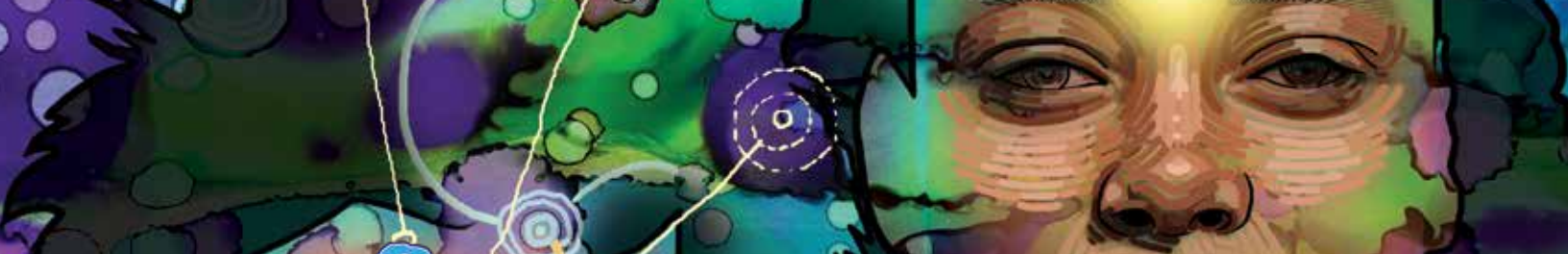
YOUTH WORKSHOP



SELF

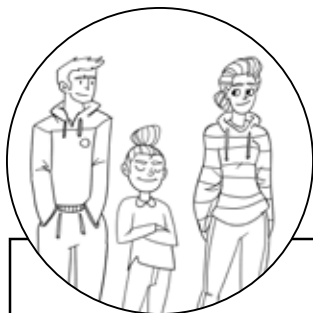
Question:

What is your vision for *yourself*?



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YOUTH WORKSHOP

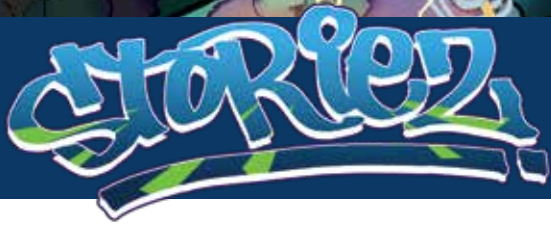
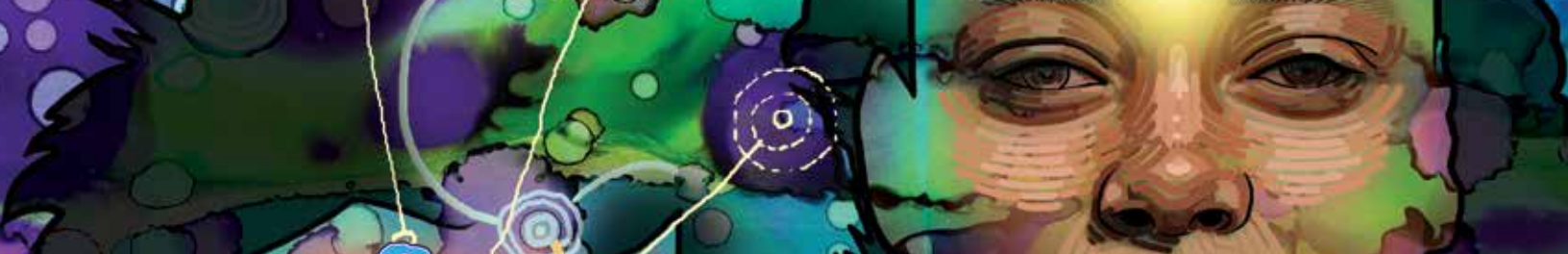


FAMILY

Question:

What is your vision for your *family*?

A large, empty rectangular box with a black border, intended for the user to write their response to the question.



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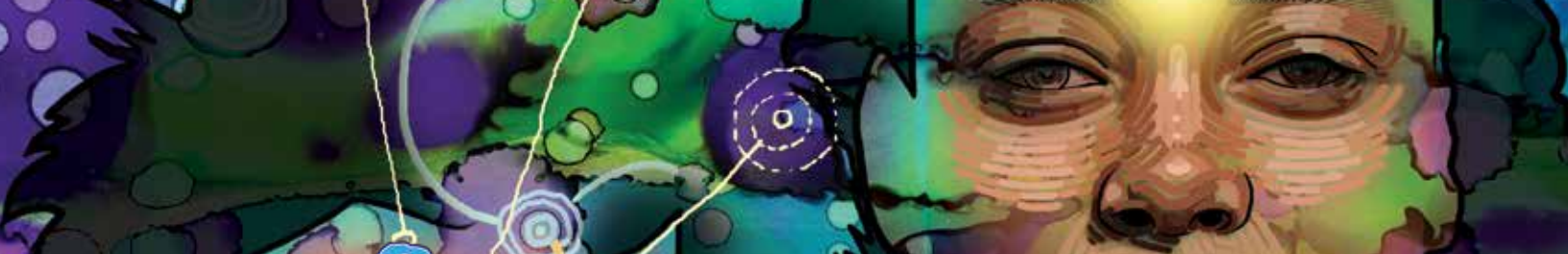
YOUTH WORKSHOP



COMMUNITY

Question:

What is your vision for your *community*?



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MY LARGER VISION

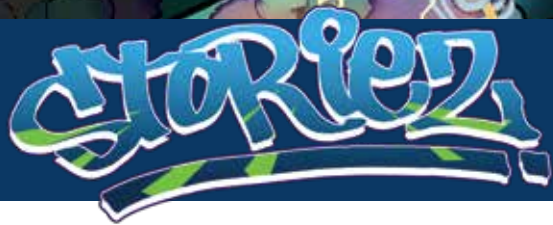
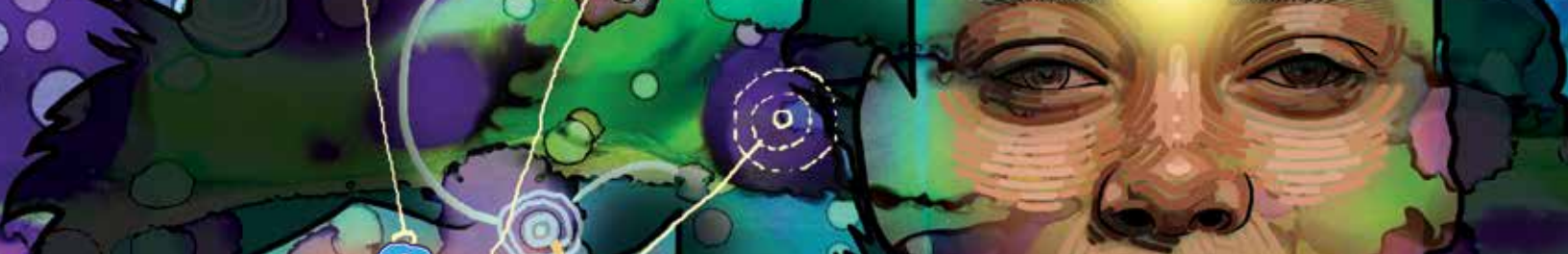
MY SMALLER GOALS

Three rounded rectangular boxes stacked vertically, each with an arrow pointing to the right towards the larger vision box.

A large, rounded rectangular box for writing the larger vision.

MY SUPPORT PEOPLE

Three horizontal lines for writing the names of support people.



YOU ARE THE VISION YOUTH WORKSHOP

SUPPORT LETTER

Date: _____

Dear _____ (support person),

Today I participated in a workshop called "Stronger Than You Think." In this workshop, I learned about "strengths." Strengths are things that make us feel proud. They help us keep going even when life is hard. Strengths help us survive stressful situations. I wrote a list of some of my strengths. I am giving you this letter to ask you to make a copy of my list of strengths. You can also take a picture of them. Please remind me of my strengths, especially when things get hard. Thank you for being a support in my life.

_____ (child or teenager)