

Today's Date: _____

SURVIVOR

You are a survivor! You are living life, trying to cope with a difficult situation, and you are persevering in spite of the challenges.

What does it mean to you to be a survivor? _____

What does it take to keep going each day? _____

What has been the biggest obstacle to overcome so far? _____

Where do you find the strength to persevere on a particularly hard day?
