

# HEALTHY CHOICES, HEALTHY CHILDREN: RESILIENCE EDITION

## LESSON 4: FIND YOUR PURPOSE



1. Ask yourself every day what you can do to channel your challenges in a positive direction.
2. When you see someone in the flood zone, turn outward by acting as a lifeline to them.
3. Use the next page to write a thank-you note to someone who is one of your lifelines.
4. Find people who help you develop your passion, purpose, or interest and connect with them regularly.
5. Come up with your own creative ideas for practicing resiliency in your life. You can write them down here:

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