

Words to use to complete this diagram:

FAMILY BODY SPIRIT MIND RELATIONSHIPS

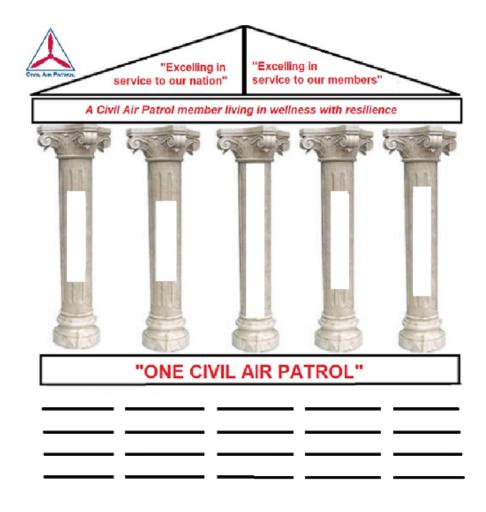
Learning Connections Purpose Legacy Emotionally Aware

Nutrition Values Fitness

Recreation Perseverance

CommunicationPrioritiesDecision MakingPerspectiveRestAffectionAdaptabilityPhysical FitnessSocial Support

Identity



List all Five pillars and describe one activity that you will do during the next year to support your resilience during this time.

Pillar of	:
Pillar of	:
Pillar of	;
Pillar of	;
Pillar of	: