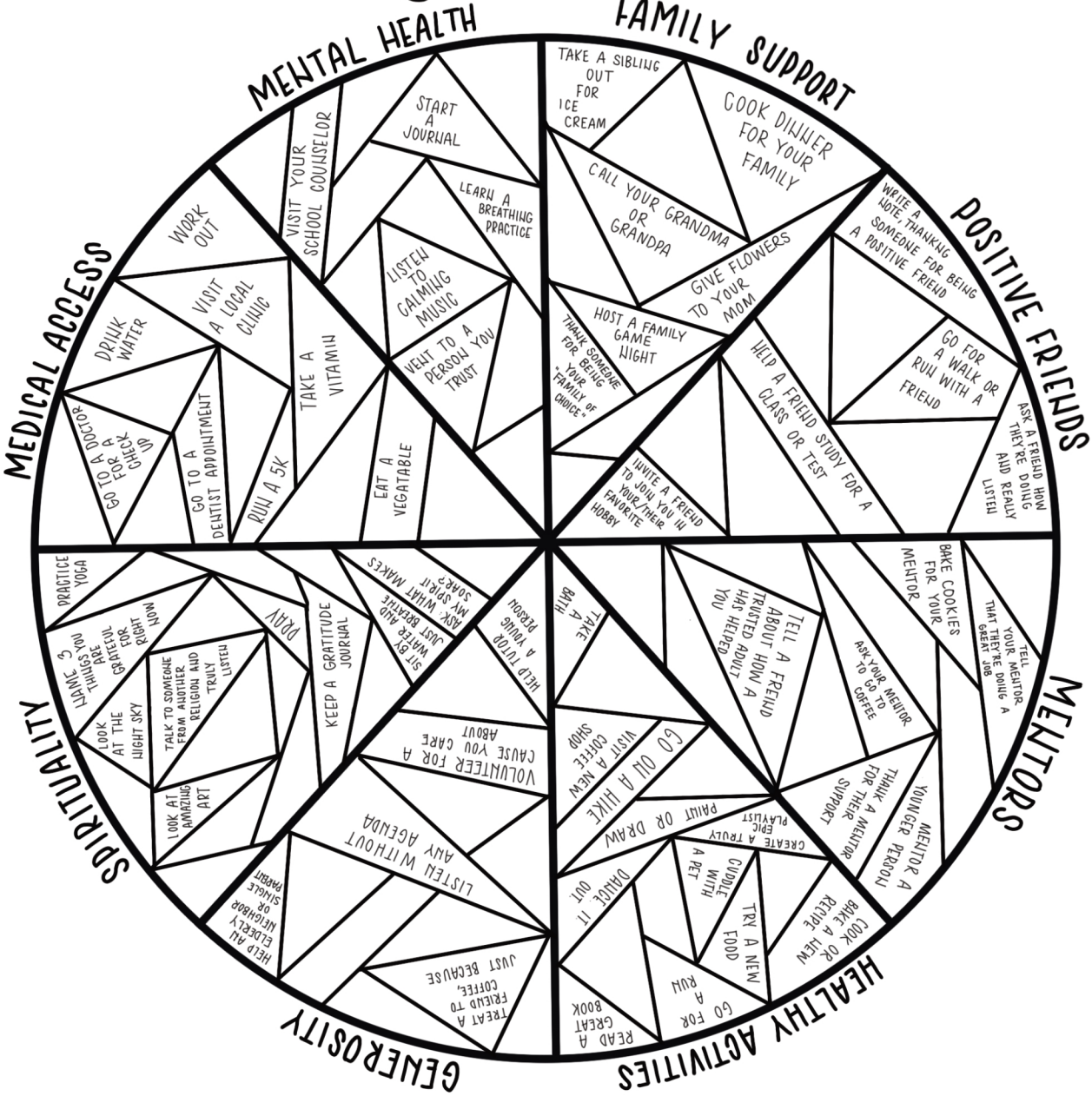
SOURCES OF STRENGTH

strength check in



DIRECTIONS:
COLOR IN THE ACTIVITIES ACCORDING TO THE INSTRUCTIONS BELOW.
FILL IN BLANK SPACES WITH OTHER WAYS TO PRACTICE STRENGTH

- ☐ = Activity I regularly do
- ☐ = Activity I've done recently
- ☐ = Activity I'd like to try