The mindful® Student

There Is Strength Inside of Me

Listen to it here:

Directions: Consider what makes you feel empowered or able to handle difficulties, overcome challenges, and achieve your dreams. Inside the frame below, add words, phrases, song lyrics, images, doodles, and anything else that inspires and strengthens you. Reflect on the drawing, then complete the journal prompts.

This activity pairs with the mindfulness meditation *Finding Your Inner Strength*.

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How can you lean on the strength inside of yourself to meet life's demands, responsibilities, and challenges? Explain.

What goal are you currently trying to achieve? How can your inner strength help you achieve this goal?