

Building Our Strength: Use it, Own it



Questions to think about:

- 1) Which Agreement seems easiest for you?
- 2) Which Agreement seems hardest?
- 3) Why is it hard for you?
- 4) Which Steps of Emotional Literacy are connected to the agreement that is hardest for you?
- 5) If you had friends who were overwhelmed or discouraged, what agreement would you teach them first, and what would be your reason for choosing that one?
- 6) Which step of Emotional Literacy has the most lines connected to it? What do you think that signifies?

"Do the thing and you will have the power" - Ralph Waldo Emerson