

I AM PROUD

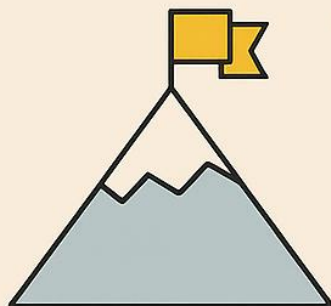
Being proud is a wonderful feeling.
Being proud makes you stand tall
and carry yourself with confidence.
But being proud often comes
from going through something
difficult.



Tell us a story of an instance where you were proud of yourself



- What were you proud of?
(E.g. starting school, getting through the holidays, making something, helping someone...)
- What did you have to do to succeed and be proud?
Were there obstacles? How did you overcome them.



You are resilient. You can face obstacles without flailing.
You know the obstacles teach you lessons and make you stronger. You are proud. And rightfully so.