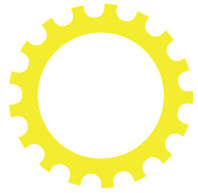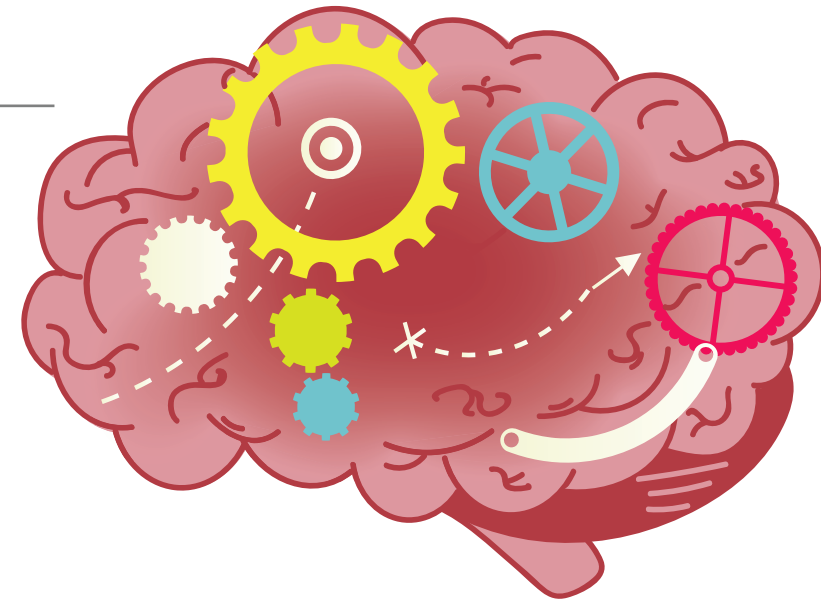# resilience

⚙ **Things I find easy:** _____

_____

⚙ **Things I find difficult:**_____

_____

**To overcome what I find difficult, I could
(eg. ask for help, learn from someone else, keep trying)...**

_____

_____

_____