

Rock Bottom Resilience #7

On a scale of 1 to 10, how strong is your belief that you can change the circumstances you are in now? Circle a number on the scale below:

1 2 3 4 5 6 7 8 9 10

[I can't change my circumstances]

[Maybe I can change my circumstances]

[I know I can change my circumstances]

Explain why you circled the number you did. What do you think you can do to increase your belief level?

