

Step 1:

Identify Your Protective Foundations

Explore each of your 4 Core Self Components and identify the protective foundations (resources) that keep you strong



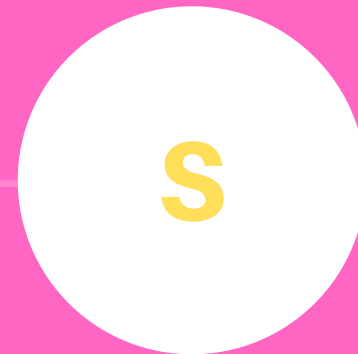
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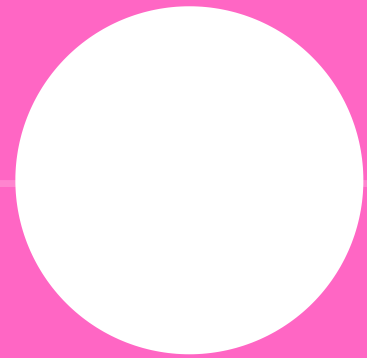
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Explore each protective foundation

Step 2:

1. Explore your protective foundations in each of the 4 Core Self Components and look for ways to strengthen
2. Look for new activities that may strengthen and fortify each core self component (duplicate sheets as required)



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Foundations to strengthen

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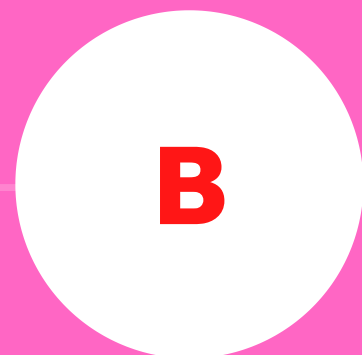
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Step 3:

Identifying your stressors

Explore each of your 4 Core Self Components and identify the stressors that weaken you



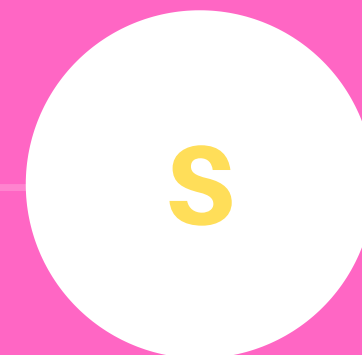
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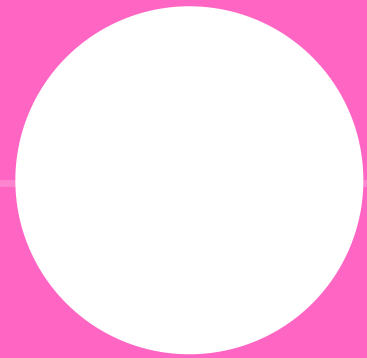
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Explore each stressor

Step 4:

1. Explore your stressor in each of the 4 Core Self Components and look for ways to minimise and mitigate
2. Explore the possibilities of changing the stressor into protective foundations (duplicate sheets as required)



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Stressors to minimise and mitigate

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