



APPENDIX 4: GIFTS IN LIFE ACTIVITY

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	My greatest strength:
	Something that makes me laugh:
	A place I love to be:
	An activity I enjoy:
	A song that makes me feel good:
	A book, tv show or movie that makes me feel good:
	Something I am thankful for:
	Something I am proud of:
	A good memory:
	Someone who makes me happy:
	Someone I can talk to: