## **Story of Present**

During this activity, we are going to write our life story in three different parts (past, present, and future). This second part, that we're focusing on today, will focus on our life in the present. Feel free to be as creative and detailed as you wish!

**The Present:** Describe your life and who you are right now. How do you differ from your past self? What are your strengths now? How have your strengths evolved? What challenges are you facing? How can you use your strengths to overcome these challenges?