Able Exercise

## WRITING PROMPT

## Possible reflection topics to choose from:

What do you believe that you are not capABLE of doing? How can you notice the -able in capable and tackle self-doubt?

Pick a time in your life when someone criticized you for something that you were proud of. How did it make you feel? How did it affect your actions? How did you cope with it?

Who is someone that you struggle to connect with? What would it be like to put yourself in their shoes?