

# Going Through...

Sometimes we have to go through situations, they can't be taken away from us, we have to go through them. On one side write down the situation you are facing and on the other side, write down the solutions you could do to help you work through the situation and bring the scales back to balance and be able to help you move forwards.

*Solutions*



*Situation*

*Write down what next step are you going to take to move forwards...?*