

Support Toolbox

“Each of us have unique strengths and gifts that help us thrive and be our best selves. We also have times when we are struggling and we feel we may not be showing up as our authentic selves. Just like builders who need a “Toolbox” that has both their every day tools AND special tools for more complex jobs, we all need a “Toolbox” that we can pull out to remind us of our strengths, the people we can go to, and coping skills that keep us well.”

Personal Inventory

Strengths	Areas of Opportunities for Improvement

Adult Support Persons

In-School	At- Home

Coping Methods

Physical	Emotional

