



## Grow Through What You Go Through: Using Your Challenges to Evolve – Workshop

This handout is designed to help you reflect on difficult experiences and uncover how they've shaped you, strengthened you, and made you who you are today. Use the questions below to explore your personal growth journey.

**1. What challenge has shaped me the most?**

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**2. How have I changed - and what do I like about who I've become?**

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**3. What would I say to someone else going through what I went through?**

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**4. What strengths or wisdom did this experience awaken in me?**

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**5. What would it look like to honour what I've been through - instead of hiding it?**

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6. What pain am I still carrying, and what might help me begin to release it?

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7. How can I turn this experience into something meaningful or purposeful?

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### Affirmation Practice

Choose or create affirmations that remind you of your strength and growth. Examples:

- I am growing through this.
- I can turn pain into purpose.
- This experience is shaping me, not stopping me.

Your Own Affirmation(s):

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