

Session Three

Time Travel

Travel back in time to your adolescence. Think of a time where you felt empowered and proud of an accomplishment. Use the space below to write about that time. Answer the following questions as you tell your story:

- How old were you?
- What were you doing?
- How did you feel?
- What did you accomplish?
- What impact did this accomplishment have on you? On others?
- Was there an adult who helped you? How?