

# The 7 keys to your own strength



## **Be aware of what is going on**

and be honest how you and others feel.



## **Know what you are good at,**

be proud of it and also see the strengths of others.



## **Allow yourself to learn and make mistakes!**

You don't have to know everything right away.



## **Every problem has different solutions.**

Think creatively and in different directions.



## **Go for it!**

It'll bring you further in life.



## **See the positive sides**

And all the things that you already have mastered.



## **Trust yourself and look for support!**

You don't have to solve everything alone.