

# STRENGTH IN HER STORY:

## NATIONAL WOMEN'S HISTORY MONTH REFLECTION



NAME:

DATE:

### 1. Role Models & Inspiration

- Name a woman (historical or personal) who inspires you and explain why.
- What qualities does she have that you admire?

### 2. Personal Strength & Growth

- Describe a time when you overcame a challenge.
- What strengths did you use to get through it?
- How can you continue to build on those strengths?

### 3. Self-Care & Empowerment

- List three self-care practices that make you feel empowered.
- Write a positive affirmation about yourself.

### 4. Breaking Barriers

- What is one goal or dream you have that might feel “too big”?
- What is one small step you can take toward it today?

### 5. Support & Community

- How can you show appreciation for them this month?