

KNOW YOURSELF

DAY 5 STORYTELLER: DANYELLE WOLF, CHAMPION BOXER

PUZZLE PIECE: PROTECTION

Your values, identity, and support system help you stay strong and make healthy choices.

When you know who you are and what matters to you, it is easier to handle stress and avoid risky situations. Picture your future self and ask if your choices today will help you become that person.

You have everything you need to build a life full of purpose, passion, and pride — and to live it drug free.

DISCUSSION QUESTIONS

1. Who do you want to be in 5 years?
2. What choices would help that future-you become real?
3. Who in your life helps you stay true to your values?

