

STAYING AFLOAT

"Victories are won usually through a great deal of patience, planning and perseverance, and rarely accomplished at a single stroke." —Bahá'í Writings

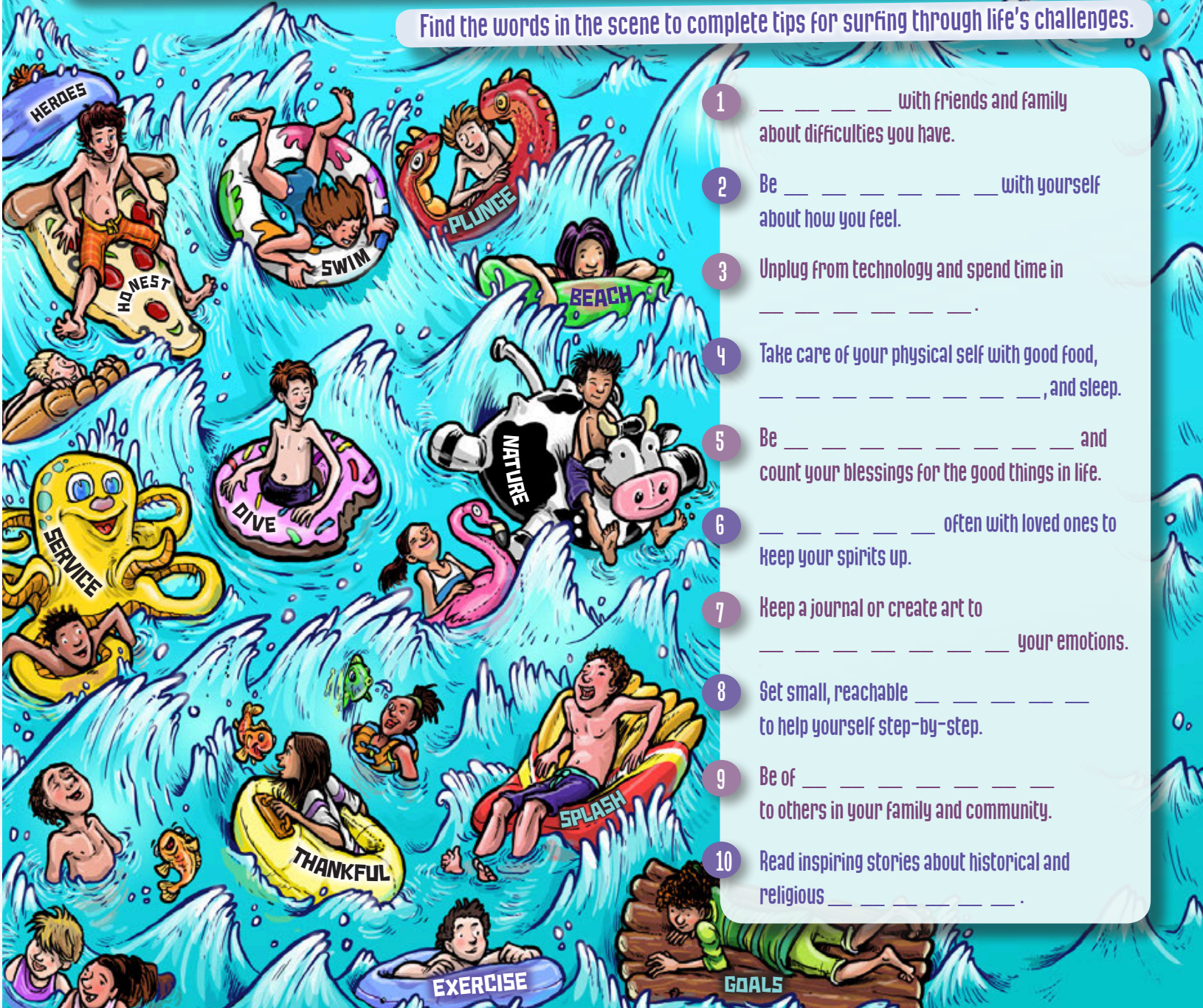
When the waters of life get rough, do you stay positive and ride the waves?

We all face challenges sometimes, and how we handle them can make the difference between floating or flailing. Life gives us lots of chances to learn and grow—and that's not always easy. We may get tossed

overboard sometimes. But when we ask God for help and focus on our blessings, we can find the resilience to keep our heads above water. We can even see challenges as opportunities to strengthen our spirits.

With practice, you'll develop virtues that keep you afloat on any wave that comes your way.

Find the words in the scene to complete tips for surfing through life's challenges.



- 1 _____ with friends and family about difficulties you have.
- 2 Be _____ with yourself about how you feel.
- 3 Unplug from technology and spend time in _____.
- 4 Take care of your physical self with good food, _____, and sleep.
- 5 Be _____ and count your blessings for the good things in life.
- 6 _____ often with loved ones to keep your spirits up.
- 7 Keep a journal or create art to _____ your emotions.
- 8 Set small, reachable _____ to help yourself step-by-step.
- 9 Be of _____ to others in your family and community.
- 10 Read inspiring stories about historical and religious _____.