

Be self-reliant

WRITE YOUR ANSWERS IN THE WHITE BOXES USING KEYWORDS OR SHORT SENTENCES. ADD ICONS IF YOU LIKE.

What were your three key insights around self-reliance?

What emotions were evoked in you when reading about self-reliance?

What is one thing you could try to invite self-reliance amongst colleagues, staff or students?

What is one thing you could try right now to practise self-reliance for yourself?

