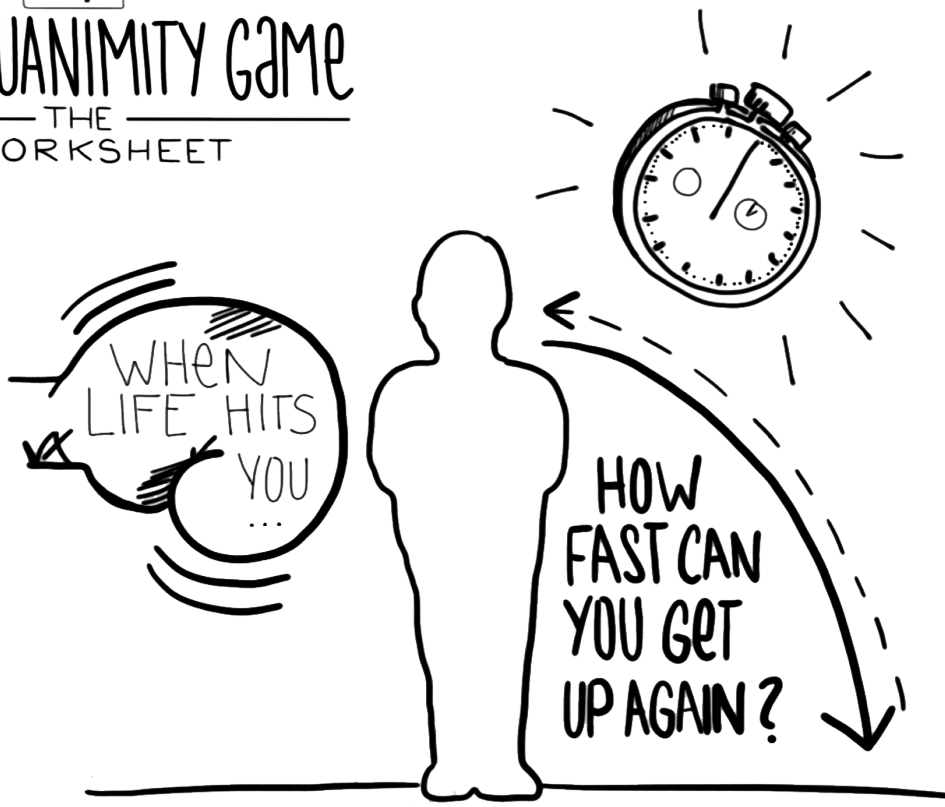



# THE EQUANIMITY GAME

THE WORKSHEET



**1** WHAT KNOCKS YOU DOWN?




A vertical rectangular box for writing. At the top left, there is a small speech bubble icon containing the text "WHEN LIFE HITS YOU ...".

**2** HOW LONG DOES IT TAKE YOU TO GET UP AGAIN?



A vertical rectangular box for writing. At the top left, there is a small clock icon with radiating lines.

**3** WHAT HELPS YOU FIND YOUR BALANCE?



A vertical rectangular box for writing. At the top left, there is a small icon of a person's silhouette with a dashed arrow pointing from a clock towards them.