



This resource sheet is inspired by Maya Angelou who recalls her resources, supports and experiences as being rainbows in her life! Complete this worksheet by listing your resources, supports and experiences that can be the rainbows in your life.

**R**ainbows

- Remembering \_\_\_\_\_
- Reinforcement \_\_\_\_\_
- Resources \_\_\_\_\_

r**A**inbows

- Accept Support \_\_\_\_\_
- Ask For Support \_\_\_\_\_
- Activities \_\_\_\_\_

ra**I**nbows

- Interests \_\_\_\_\_
- Intellect \_\_\_\_\_
- Improve \_\_\_\_\_

rai**N**bows

- Necessary \_\_\_\_\_
- Nourished \_\_\_\_\_
- Nurture \_\_\_\_\_

rain**B**ows

- Beliefs \_\_\_\_\_
- Bodily Resources \_\_\_\_\_
- Belongings \_\_\_\_\_

rainb**O**ws

- Old Friends \_\_\_\_\_
- Own Experiences \_\_\_\_\_

rainbo**W**s

- Wisdom \_\_\_\_\_
- Workmates \_\_\_\_\_
- Wishes & Goals \_\_\_\_\_

rainbow**S**

- Sensations \_\_\_\_\_
- Spirituality \_\_\_\_\_
- Sporting Groups \_\_\_\_\_
- Skills \_\_\_\_\_

Other resources: