

5 Strengths I've Gained from Having Alopecia Areata

**SOMETHING WILL GROW FROM ALL OF THIS...
AND IT WILL BE ME**

- Jodi Hills



R E S I L I E N C E

I meet every adverse situation with resiliency. This doesn't mean I don't feel it, but that

I pick myself up every time.



E M P A T H Y

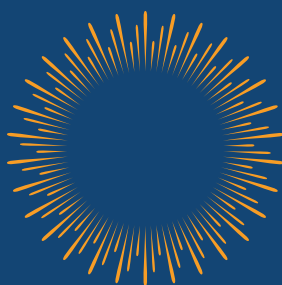
I'm more considerate of other people's struggles and sensitive of their feelings. I pride myself on being

an excellent friend.



C O U R A G E

I'm learning how to face my fears and not hide from them. I'm finding a strong sense of who I am.



P O S I T I V I T Y

I'm grateful for the opportunities I'm given and the people who support me.

I am enough.



A D A P T A B I L I T Y

I've learned how to navigate an unpredictable situation.

I know I have what it takes to succeed.