

WHO HELPED BUILD YOUR RESILIENCE?

1. Who has helped you build your resilience?
This person could be in your life now or in the past.

2. How did they help you build your resilience?

3. How did they make you feel safe and secure?

4. What did they teach you about being flexible and resilient?



REFLECT ON YOURSELF.

1. How are you resilient?
2. What is an example of a time that you went through a difficult thing and got through it?
3. What skills did you use to get through it?
4. Who did you lean on?
5. What is it like to reflect on this knowing you came through stronger?

CHALLENGE:

SHARE ABOUT YOUR RESILIENCE REFLECTIONS WITH SOMEONE YOU TRUST!

BONUS CHALLENGE: If you can, how might you let your Resilience Role Model know what they mean to you? Consider sending them a letter, a text or giving them a call. If reaching out is not possible, how can you express your gratitude towards them?