

# RESILIENCE

1. List 3 examples of challenging times that required you to be resilient.

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- \_\_\_\_\_
- \_\_\_\_\_



2. Name 3 personal strengths that were particularly critical to your resilience.

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- \_\_\_\_\_
- \_\_\_\_\_



3. Name 3 external supports that helped you through your difficult times.

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- \_\_\_\_\_
- \_\_\_\_\_



4. Looking back at your journey, name 3 things you discovered about yourself and your resilience?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

