

RESILIENCE

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

- _____
- _____
- _____



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

- _____
- _____
- _____



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

- _____
- _____
- _____



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

- _____
- _____
- _____

