

Resilience Reflection Worksheet

Resilience is not about avoiding difficulty. It is about how you relate to challenge, limitation, and meaning in your life.

1. Understanding Your Current Landscape

Where in your life do you currently feel most challenged?

What feels within your control, and what does not?

2. Strength and Support (Your 'Backpack')

What personal qualities or past experiences have helped you navigate difficulty before?

Who or what supports you during challenging times?

3. Meaning and Direction

What gives your life meaning, even during difficult periods?

What small step could you take this week that aligns with your values?