

Resiliency Worksheet

1. Reflecting on Recent Challenges

Think about a recent challenge you've faced. Write down what happened, how it made you feel, and what you did to handle it.

- **Challenge:** _____
- **Feelings:** _____
- **Actions Taken:** _____

2. Lessons Learned

What did this experience teach you about yourself or your situation?

- **Lesson(s) Learned:** _____

3. Gratitude Reflection

List three things you are grateful for right now. These could be people, opportunities, or anything positive in your life.

- 1.
- 2.
- 3.

4. Action Steps for Resilience

What are three actions you can take to build your resiliency?

- 1.
- 2.
- 3.

5. Building Your Support System

Who can you rely on for encouragement, advice, or support? List their names or roles.

- 1.
- 2.
- 3.

Encouragement

Remember: Resilience is a journey, not a destination. Each step you take strengthens your ability to bounce back. You've got this!