Resilience is a person’s ability to get through and recover from a challenging circumstance. Using a growth mindset, individuals can build their resilience.

My guess is if you think back and reflect on a challenge that you have faced,

you will find many ways in which you were resilient.

The strengths that you drew from in those times can be used again and again

when challenges arise, and you can develop

new tools and strategies to additionally use in the future.

When we build up our resilience, we are empowered when obstacles cross our path.

· Think of a time when you had to draw on your personal strengths to help you tackle a problem or manage a difficulty.

o What strengths and tools did you use?

o Did you automatically start using those skills or did you remind yourself to use them?

o What qualities or skills did you find most helpful?

o Did you find any resources outside of yourself to be helpful. Being resourceful and seeking assistance when needed is a skill too!

o What did you learn from that experience?

o What could you use from that experience to help you succeed in overcoming future challenges and achieving your goals?