

# WHO ARE YOUR RESILIENCE ROLE MODELS?

Resilience is our ability to get through challenging circumstances, and not just get through them, but come out on the other side wiser, better, and stronger.

## THINK OF SOMEONE YOU SEE AS RESILIENT:

This can be somebody you know right now, somebody you knew, a famous person, a fictional character.

Think about a time they demonstrated their resilience.

- What is it about that person that makes them resilient?

---

---

---

- What skills have you seen them use to get through difficulties and get out on the other side stronger?

---

---

---



## THINK ABOUT YOURSELF:

- How are you resilient?

---

---

---

- What is an example of a time that you went through a difficult thing and got through it?

---

---

---

- What skills did you use to get through it?

---

---

---

- Who did you lean on?

---

---

---

- What is it like to reflect on this knowing you came through stronger?

---

---

---

# WHO HELPED BUILD YOUR RESILIENCE?

## Write about it:

1. Who has helped you build your resilience? This person could be in your life in the past or is currently in your life.

---

---

---

2. How did they help you build your resilience?

---

---

---

3. How did they make you feel safe and secure?

---

---

---

4. What did they teach you about being flexible and resilient?

---

---

---

## CHALLENGE:

## SHARE ABOUT THIS RELATIONSHIP WITH SOMEONE YOU TRUST!

**AS A BONUS:** If you can, how can you let this person know that they were your resilient role model? Can you send them a letter? Give them a call? If reaching out is not possible, how can you express your gratitude towards them?

