



Resilience Worksheet

Resilience Self-Assessment

Reflect on the following statements and rate yourself on a scale from 1 to 5:

- 1. I bounce back quickly from setbacks.
- 2. I stay calm and focused under pressure.
- 3. I can adapt well to change.
- 4. I maintain a positive outlook even during tough times.
- 5. I seek help and support when needed.
- 6. I find it easy to manage my emotions.
- 7. I learn and grow from challenges and failures.
- 8. I have strong, supportive relationships.
- 9. I engage in regular self-care activities.
- 10. I feel confident in my ability to handle difficult situations.

1 - Strongly disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly agree



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Doors Closed, Doors Open Exercise

Reflect on a time in your life when something important to you—whether in your personal or professional life—didn't go as planned, or when you faced rejection or a significant setback.

This represents a moment when a door closed.

Now, think about what happened next:

What new opportunities or paths emerged as a result? What doors opened after that setback?

Reflect and write down your thoughts as follows:

The door that closed was:

The door that opened for me was:



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Rapid Reflection Exercise

A timer will be set for 1 minute for each of these two rapid reflection exercises. This exercise enhances mental agility by requiring you to rapidly switch between different areas of wellbeing and generate actionable ideas quickly, helping to improve adaptability and problem-solving skills.

Identify and jot down 3 ideas:

- 1.
- 2.
- 3.

Identify and jot down 3 ideas:

- 1.
- 2.
- 3.



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Resiliency Strengths

What are your top 3 resiliency strengths:

- 1.
- 2.
- 3.

What are 2 of the resiliency characteristics that you would like to work on:

- 1.
- 2.



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Purpose Reflection Activity

*Please select 1 or 2 of the purpose reflection questions,
and answer them in the boxes below.*

Question selected:

Answer:

Question selected:

Answer:



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Creating a Personal Resilience Plan

<p>Identify the resilience strategies you currently use. What works well?</p>	
<p>Identify 2 resilience skills you would like to develop.</p>	
<p>Write 1 goal for each of the skills you identified.</p>	<p>Goal 1:</p> <p>Goal 2:</p>
<p>Identify potential obstacles in developing these skills and solutions.</p>	



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Creating a Personal Resilience Plan

Supports *(identify supportive people in your life):*

Strategies *(identify your resilience strategies e.g. meditation, journaling):*

Sagacity *(identify the wisdom and insights you hold onto):*

Solution-seeking *(identify your solution-seeking behaviours e.g. problem-solving, asking for help):*



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Additional Exercise: Using Values to Build Resilience *(to do in your own time)*

1. Take a moment to consider a challenging event that is currently taking place and describe below:

2. Identify reasons to get through this challenge *(e.g. being there for your family, being a role model for your child, contributing something positive to the world):*



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Additional Exercise: Using Values to Build Resilience

3. Identify your values *(using the values list on the next page):*

Note: *Your values are the things that you consider to be important in life. With consideration to the reasons you listed in step 2, think of values that capture the essence of each of these reasons. For example, if you listed that you want to be there for your family, the value could be “caring”. Finding the perfect value for each reason is not so important, what matters is if the value makes sense to you personally.*



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Values List

- Acceptance
- Achievement
- Advancement & Promotion
- Adventure
- Affection
- Altruism
- Arts
- Awareness
- Beauty
- Challenge
- Change
- Community
- Compassion
- Competence
- Competition
- Completion
- Connectedness
- Cooperation
- Collaboration
- Country
- Creativity
- Decisiveness
- Democracy
- Design
- Discovery
- Diversity
- Environmental Awareness
- Economic Security
- Education
- Effectiveness
- Efficiency
- Elegance
- Entertainment
- Enlightenment
- Equality
- Ethics
- Excellence
- Excitement
- Experiment
- Expertise
- Exhilaration
- Fairness
- Fame
- Family
- Happiness
- Fast Pace
- Freedom
- Friendship
- Fun
- Grace
- Growth
- Harmony
- Health
- Helping Others
- Helping Society
- Honesty
- Humour
- Imagination
- Improvement
- Independence
- Influencing Others
- Inner Harmony
- Inspiration
- Integrity
- Intellect
- Involvement
- Knowledge
- Leadership
- Learning
- Loyalty
- Magnificence
- Making a Difference
- Mastery
- Meaningful Work
- Ministering
- Money
- Morality
- Mystery
- Nature
- Openness
- Originality
- Order
- Passion
- Peace
- Personal Development
- Personal Expression
- Planning
- Play
- Pleasure
- Power
- Privacy
- Purity
- Quality
- Radiance
- Recognition
- Relationships
- Religion
- Reputation
- Responsibility
- Risk
- Safety & Security
- Self-Respect
- Sensibility
- Sensuality
- Serenity
- Service
- Sexuality
- Sophistication
- Spark
- Speculation
- Spirituality
- Stability
- Status
- Success
- Teaching
- Tenderness
- Thrill
- Unity
- Variety
- Wealth
- Winning
- Wisdom



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Additional Exercise: Using Values to Build Resilience

4. Stay in touch with your values:

When we encounter stressful life events, it can be challenging to remain connected to our core values. The stress that accompanies these events often consumes so much of our attention that we lose sight of what truly matters to us. However, our values can act as a guiding light during difficult times, reminding us why it's worth persevering, taking responsibility, and continuing the fight.

*In this step, **you'll create a visual reminder of the values you identified in step 3. Use the next page to visually represent your values in a way that feels meaningful to you.** You might choose to use illustrations, photographs, words, or a combination of these elements. You could also consider creating a digital version, perhaps using a tool like PowerPoint. Be as creative as you wish, ensuring that your representation resonates with you on a personal level.*

Once your visual reminder is complete, place it somewhere you'll see every day—like on your refrigerator or office desk. This daily reminder will help you stay connected to the things that make your struggle worthwhile.



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Additional Exercise: Using Values to Build Resilience