



Resilience Reflection Worksheet

Date: _____

1. Reflect on a Challenge:

- Describe a challenging situation you faced:

2. Identify Your Emotions:

- What emotions did you experience during this challenge?

3. Coping Strategies:

- What strategies did you use to cope with this situation?

4. Strengths and Skills:

- What personal strengths or skills did you rely on to overcome this challenge?

5. Lessons Learned:

- What did you learn about yourself from this experience?

6. Changes and Growth:

- How did this challenge help you grow or change?

7. Moving Forward:

- What would you do differently if faced with a similar challenge in the future?

8. Affirmation of Resilience:

- Write a personal affirmation that reflects your resilience:

Example: "I am strong and capable of overcoming challenges."

9. Additional Thoughts:

- Use this space for any additional reflections or insights you want to capture:
