

Resilience *Journal*



WHAT HAPPENED

*Briefly describe the challenge.
How did it impact you?*

WHY IT HAPPENED

*What caused this challenge? Am
I contributing to it or are there
outside factors, or possibly both?*

HOW I'VE GROWN

*What is one thing I learned
or am learning from this
experience?*

HOW CAN I REFRAME

*Is there a way I can see this
situation differently? If so,
how can I reframe it?*

WHERE TO GO FROM HERE

*Is this situation permanent or
can it be changed? If so, what
can I do to change it?*