

Resilience: Self-Reflection Worksheet

The "Resilience Self-Reflection Worksheet" aims to help you enhance your ability to cope with challenges and adapt to change. Through self-assessment, goal setting, and reflection, you will identify your strengths and areas for improvement in resilience. This structured tool provides insights into your experiences and actionable steps to develop effective coping strategies, fostering a more resilient mindset.

Name: _____

Date: _____

1. Understanding Resilience

- **Definition:** Resilience is the ability to bounce back from adversity, adapt to change, and keep going in the face of challenges.
- **Why is it important?** Reflect on how resilience has helped you in the past.

Notes:

- _____
- _____

2. Self-Assessment

- **Rate your current resilience level (1-10):** typically, a rating of **10** would indicate a high level of resilience, while a rating of **1** would signify a low level of resilience. _____
- **Identify areas of strength:**
 - _____
 - _____
- **Identify areas for improvement:**
 - _____
 - _____

3. Setting Goals (Use SMART framework - Specific, Measurable, Achievable, Relevant, Time-bound)

- **Short-term Goals (Next 1-3 months):**
 - _____
 - _____
- **Long-term Goals (Next 6-12 months):**
 - _____

○ _____

4. Action Plan

- What steps will you take to achieve your goals?

○ _____

○ _____

- Resources/Support Needed:

○ _____

○ _____

5. Coping Strategies

- List healthy coping strategies you can use during challenging times:

○ _____

○ _____

6. Reflection

- Reflect on a recent challenge you faced. What did you learn from it?

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○ _____

- How can this learning help you in the future?

○ _____

○ _____

7. Commitment

- What commitment will you make to yourself to enhance your resilience?

○ _____

○ _____

Useful Links

- [Managing stress and building resilience - tips – Mind](#)
- [Resilience Podcast series](#)
- [TED talks on resilience – top 5 videos - Management Weekly](#)
- [Activities to help build resilience and routine \(redcross.org.uk\)](https://www.redcross.org.uk)