

## Resilience Worksheet

Use this form to apply the five resilience tips. Print it out or complete it digitally, then revisit regularly to track your growth.

### 1. Daily Check-In

Prompt: "Today I notice my strongest emotion is..." Response:

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What triggered this emotion?

I am grateful for:

### 2. Thought-Reframe Exercise

Recurring negative thought: \_\_\_\_\_

Evidence it might be true: \_\_\_\_\_

Evidence it might not be true: \_\_\_\_\_

Balanced alternative thought: \_\_\_\_\_

### 3. Support-Network Map

Draw yourself at the center. Add concentric rings for close friends, mentors, and community around you.

Who can I reach out to this week, and how? \_\_\_\_\_

### 4. Coping-Skills Inventory

List healthy outlets and track your experience:

- Exercise Tried? [ ] Felt helpful? [ ] Next time I'll: \_\_\_\_\_
- Prayer Tried? [ ] Felt helpful? [ ] Next time I'll: \_\_\_\_\_
- Art/Creativity Tried? [ ] Felt helpful? [ ] Next time I'll: \_\_\_\_\_
- Nature Tried? [ ] Felt helpful? [ ] Next time I'll: \_\_\_\_\_
- Other: \_\_\_\_\_ Tried? [ ] Felt helpful? [ ] Next time I'll: \_\_\_\_\_

### 5. Micro-Goal Tracker

Set three small goals for the week. Check them off and record your wins.

Goal 1:

Checked off? [ ] Date: \_\_\_\_\_ Win/Reflection:

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Goal 2:

Checked off? [ ] Date: \_\_\_\_\_ Win/Reflection:

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Goal 3:

Checked off? [ ] Date: \_\_\_\_\_ Win/Reflection:

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