

PERSONAL POWER AND RESILIENCE

Name _____

Please respond to the following questions.

Date _____

If you think about any challenges or difficulties you are currently experiencing, please think about and write down past situations where you have successfully dealt with the same or similar problems: _____

Please think about and write down goals that you have achieved in the past: _____

Please think about and write down any situation in the past where you have had difficult feelings but held yourself together and accomplished things anyway: _____

Please think about and write down past "failures" that you have bounced back from: _____

Please think about and write down past "failures" that have taught you important lessons: _____

Please think about and write down what you regard as some of your strongest assets as a person: _____

Please think about and write down any people in your life or in public that life that you find inspiring: _____
