



Resilience Exercise

My Challenge:

- 1.) What was your goal starting out?
- 2.) Why are you considering giving up, or what obstacles are you facing?
- 3.) Why? Define the problem. What is making you feel stuck or causing challenges?

What do you have control over?	What don't you have control over?

How You Feel	Outside Input/Perspectives: What advice can others give?

- 4.) What possible next steps could you take?
- 5.) What are your assumptions about what will happen? What are those assumptions based on?
- 6.) Is there a way you can test your assumptions?

