

Resilience Portfolio Workbook

Inspired by Dr. Sherry Hamby's Resilience Portfolio Model

Regulatory Strengths

Regulatory strengths are skills and techniques you use to manage emotions, thoughts, and behaviors in response to challenges.

My Regulatory Strengths:

Think of specific traits, strategies, or skills that help you stay calm, think clearly, or focus under stress.

Strength 1
Strength 2
Strength 3

How I Use My Regulatory Strengths:

Describe how you've applied these strengths in daily life or during difficult situations.

1. Situation Strength Used: Outcome:
2. Situation Strength Used: Outcome:

Skills I Want to Strengthen:

Reflect on areas where you'd like to improve your self-regulation skills.

Skill 1
Skill 2
Skill 3

Interpersonal Strengths

Interpersonal strengths involve your ability to build relationships, communicate effectively, and seek or provide support.

My Interpersonal Strengths:

List the skills and qualities that help you maintain strong relationships and ask for help when needed.

Strength 1
Strength 2
Strength 3

Support Network:

Identify key individuals or groups who support you, and describe how they help you during difficult times.

Name	Type of Support (Emotional, Practical, etc.)	How They Help

How I Use My Interpersonal Strengths:

Describe how your strengths have helped you navigate relationships and seek support.

1. Situation Strength Used: Outcome:
2. Situation Strength Used: Outcome:

Relationships I Want to Strengthen:

Reflect on areas where you'd like to improve your social skills or relationships.

Relationship 1
Relationship 2
Relationship 3

Meaning-Making Strengths

Meaning-making strengths refer to your ability to find purpose and direction, especially in difficult times.

My Meaning-Making Strengths:

Identify the beliefs, values, or practices that give your life meaning and help you stay resilient.

Strength 1
Strength 2
Strength 3

Core Values:

List the personal values that guide your actions and decisions.

Value 1
Value 2
Value 3

Purpose and Meaning in Life:

Reflect on your life purpose or what gives you a sense of meaning, particularly during tough times.

My Life Purpose
How I Find Meaning

How I Use My Meaning-Making Strengths:

Describe a time when your sense of purpose or values helped you through a challenging period.

Situation

Strength Used:

Outcome:

Beliefs or Values I Want to Explore or Strengthen:

Reflect on areas where you'd like to deepen your sense of meaning or develop new beliefs.

Belief or Value 1

Belief or Value 2

Belief or Value 3

Resilience in Practice

In this section, track how you are applying your strengths in everyday life.

Daily Resilience Journal:

Use the following space to write about situations in which you applied your regulatory, interpersonal, or meaning-making strengths.

1. Situation

Strength Used:

Outcome:

2. Situation

Strength Used:

Outcome:

Past Resilience Stories

Reflect on challenges you've faced and how you overcame them.

Resilience Story 1: Challenge: How I Felt: What I Did:
Resilience Story 2: Challenge: How I Felt: What I Did:

Areas for Growth

Identify areas in which you'd like to develop new strengths or improve existing ones.

Growth Areas:

Regulatory Strength to Develop Plan for Development
Interpersonal Strength to Develop Plan for Development
Meaning-Making Strength to Develop Plan for Development

Tracking Progress

Keep track of your progress as you strengthen your resilience.

Strength Development Progress

Strength
Current Ability Level
Goal
Actions Taken
Result
Strength
Current Ability Level
Goal
Actions Taken
Result

Gratitude and Positive Focus

Practicing gratitude can boost your resilience by helping you focus on the positive aspects of life.

Gratitude Log

List three things you are grateful for today.

1. _____
2. _____
3. _____

Conclusion

This workbook is designed to help you reflect on your personal strengths, track your growth, and identify areas where you can enhance your resilience. Use it regularly to build a portfolio of tools and strategies that support you in navigating life's challenges.