# My Protective Factors

Protective factors help you be resilient when faced with challenges. Fill in the below areas to help identify strengths in your life.

#### Social Support

List two people in your life that you can talk to about your problems.



#### Skills

Describe at least one thing you are good at, or have knowledge on.



### Coping Strategies



Describe a time when you've overcome a challenge.

## Personal Identity

Describe something you are proud of, relating to your personal identity.



#### Community

List any interest activities you are engaged in.





# My Resilience Plan

People I can call or talk to for h	
How I can look after myself:	My strengths:
What has helped me in the past:	Advice I would give a friend:





NAME			

**SECTION** 

# WHAT AM I SCARED OF?

**DATE** 

#### WHATEVER IT IS, I COULD OVERCOME IT

Immerse in your emotions and explain your biggest fear. Is it being alone or being unsuccessful in your career? Or is it simply public speaking or a fear of rejection? Whatever it is, write about your greatest fear in no more than 100 words.