

Emer;e Strong Society: discover your inner resilience worksheet

Introduction:

Resilience isn't something you have to find—it's something you already possess. This worksheet will help you uncover moments when you've already demonstrated resilience and strengthen your belief in your own inner strength.

1. Resilience reflection

Think back to a challenging time in your life.

What happened?

How did you feel at the time?

What did you do to get through it?

Write your answers here:

Event: _____

Feelings: _____

Actions Taken: _____

2. Spot the strengths

Looking at your answers above, identify at least three strengths or qualities you showed during that time (e.g., courage, patience, creativity, asking for help).

My strengths were: _____

3. Resilience Belief Booster

Complete the following sentences:

“When things get tough, I am able to _____.”

“I have overcome _____, which shows I am resilient.”

“One thing I can always rely on in myself is _____.”

4. Affirm your resilience

Read these affirmations aloud or write your own:

“I have faced challenges before and Emer;e Strong.”

“Resilience is already within me.”

“I trust myself to handle whatever comes my way.”

5. Action Step: Draw Out Your Belief

Choose one small action you can take this week to remind yourself of your resilience (e.g., journaling, sharing your story with someone, trying something new).

This week, I will: _____

How to use this worksheet

Reflect: Give yourself time to answer thoughtfully.

Share: Consider discussing your answers with a coach or trusted friend.

Repeat: Use this worksheet whenever you need a reminder of your strength.

Remember:

You are already resilient. This worksheet simply helps you see it more clearly.

