

Acknowledging obstacles & rewriting the narrative *Part of the Emer;e Strong Society Series*

INTRODUCTION

Resilience isn't born from ease — it is forged through honesty, awareness, and the courage to face what stands in our way. This worksheet is designed to help you name the internal and external obstacles that have shaped your journey and begin the process of rewriting the stories you've told yourself.

This is not a surface-level exercise. This is for the bold — for those ready to pause, reflect, and Emer;e Strong...

Set aside uninterrupted time, find a quiet space, and approach these prompts with compassion and courage.

SECTION 1: Name your obstacles

"To recognize resilience, you must first acknowledge the obstacles."

Prompt:

What has held me back — physically, mentally, emotionally, or spiritually?

- External obstacles (e.g., environments, events, people): 1. 2. 3.
- Internal obstacles (e.g., fear, self-doubt, perfectionism): 1. 2. 3.

Reflect:

Which of these have I accepted as *unchangeable truths*? What is within my control to shift, challenge, or release?

SECTION 2: The stories we tell ourselves

"Old narratives shape current limitations."

Prompt:

List 3 repeating thoughts or beliefs you have about yourself that might no longer serve you.

1. "I am _____ because _____."

2. "I always _____ when _____."

3. "I can't _____ because _____."

Challenge:

For each belief above, rewrite it with a *truth-based, resilient* perspective.

Example:

- Old: "I'm not strong enough to handle this."
 - Reframed: "I've handled hard things before, and I'm learning new ways to navigate what's ahead."
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SECTION 3: Mirror of resilience

"Your strength is not in avoiding the storm, but in standing through it."

Reflect:

- Describe a moment where you surprised yourself with your resilience.
 - What did you learn from that moment about your capacity to grow?
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SECTION 4: The perspective shift

Visualization:

Close your eyes and imagine yourself 5 years from now — grounded, empowered, and resilient.

- What does that version of you believe?
- How do they talk to themselves?
- What did they let go of to grow?

Write:

Craft a short letter from your future self to your current self, offering guidance and gratitude.

SECTION 5: Your commitment

"To Emer;e Strong is to walk forward with clarity, even when the path isn't perfect."

Complete this statement:

- One narrative I am choosing to release today is: _____
 - One truth I am choosing to embrace is: _____
 - One action I will take this week to support that shift is: _____
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CLOSING

You've done the hard work — naming your truth, meeting yourself with honesty, and choosing a new way forward. Keep this worksheet nearby. Revisit it when old stories whisper. Let it remind you:

You are already on the path. You are already capable. You will Emer;e Strong...

Want support on your journey? Visit www.emergestrongociety.com to explore resources, coaching, and community.