

# MY RESILIENCE TOOLKIT

This toolkit is designed to help you notice your strengths, practise coping strategies, and build confidence in bouncing back when life feels tough. Use it as a guide you can return to whenever you face new challenges.

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## *Section 1: My Strengths*

When we face challenges, it's easy to forget what we're good at. Writing down your strengths reminds you that you already have skills and qualities to draw on when things get hard.

- Three things I am good at are: \_\_\_\_\_
- One thing people often say they admire about me is: \_\_\_\_\_
- A challenge I've overcome before is: \_\_\_\_\_

## *Section 2: My Coping Tools*

Everyone needs strategies to help calm down and feel better during stressful moments. By writing these down, you'll have a list of healthy coping tools to turn to when emotions feel overwhelming.

- When I feel upset, I can calm down by: \_\_\_\_\_
- Things that usually cheer me up are: \_\_\_\_\_
- A safe place I can imagine in my mind is: \_\_\_\_\_

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✨Tip: Keep this toolkit somewhere safe. Add to it whenever you discover new strengths, strategies, or support. The more you practise using it, the easier bouncing back will become.

## *Section 3: My Support Circle*

Resilience doesn't mean doing everything alone. Knowing who you can turn to for support makes challenges easier to handle. This section helps you identify your support network.

- People I can talk to when I'm struggling are: \_\_\_\_\_
- One adult I trust is: \_\_\_\_\_
- A friend who supports me is: \_\_\_\_\_

## *Section 4: My Positive Reminders*

Sometimes, when things feel hard, we need reminders that struggles don't last forever and that we are capable of getting through them. Having these phrases ready gives you encouragement in tough times.

- A phrase I can tell myself when things are hard is: \_\_\_\_\_
- Something I want to remember about challenges is: \_\_\_\_\_
- A symbol, word, or drawing that represents my strength is: \_\_\_\_\_

## *Section 5: My Action Plan*

Challenges can feel overwhelming, but having a clear plan helps you take the first step. This section guides you to think ahead about what you can do, so you feel more prepared when difficulties arise.

- Next time I face a challenge, the first thing I will try is: \_\_\_\_\_
- If that doesn't work, my backup plan is: \_\_\_\_\_
- After I've worked through the challenge, I can celebrate by: \_\_\_\_\_