

RESILIENCE BUILDING - LEARNING FROM OUR STRENGTHS

Think of a time when you had to draw on your personal strengths to help you tackle a problem or manage a difficulty:

HOW DID YOU DO THAT?

WHAT DID YOU DO TO HELP YOURSELF?

WHAT QUALITIES OR SKILLS DID YOU FIND MOST HELPFUL?

WHAT COULD YOU USE FROM THIS EXPERIENCE TO HELP YOU SUCCEED TO ACHIEVE YOUR GOAL/S?