



A PERSONAL RESILIENCE JOURNAL

Who can do it?



Everyone

When can you do it?



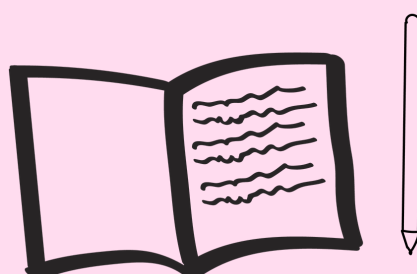
There is no right time to think about the resilience that you or others have shown. Do it anytime you feel uncertain about your ability to overcome difficulties. Do it when you need a reminder that you can overcome odds. This is also a lovely, creative way to spend quality time with children.

How will it help and expected outcomes?



- The idea is to remember experiences of resilient behaviour so that you/ your child can build a mental picture, with plenty of personal evidence.
- To support the belief that one is a resilient person – having this belief is more than half the battle won!

Resources required?



- Your heart and the reminder that you shall overcome the odds as you did earlier
- Book/ journal/ notepad/ computer
- Pen, colours (if you'd like to decorate the journal)

HOW TO DO IT?

- You can do it in a group or individually.
- Think about the times that you/ family members/ friends have shown resilience.
- Make a journal and write down/ type out these examples. For example, it can be the 1st day at school/ doing something really hard for the 1st time/ doing more than one expected/ trying again after failing at something/ trying out for a team/ overcoming a fear/ anything else.
- If you are writing about someone else, share it with them, if you want.
- Keep adding to the journal regularly.