



# Fostering Resilience Plan Worksheets<sup>1</sup>

## Worksheet 1: My Past Sources of Resilience

Difficult situation:

### Supportive people I called on

Reflect on the people who provided support during this challenging time. It could be an old friend, a teacher or a grandparent who offered advice or encouragement.

### Strategies I used to keep moving

Consider the strategies you used to cope with negative thoughts and emotions that arose from the difficulty. Did you meditate, go for a walk, cook, exercise or listen to music? Include any strategies that have helped you manage stress and emotions, regardless of how trivial they may seem.

### Sage wisdom that inspired me

Think about the wisdom or advice that resonated with you during this challenging period. It could be from song lyrics, books, poetry, spiritual writings, famous quotes or learning from one's own experiences.

### Solution-seeking behaviors I engaged in to tackle the problem

Consider the actions you took to actively address the problem or setback. Did you seek new information, brainstorm with a friend, develop a plan, negotiate, voice your opinion or ask for help?

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<sup>1</sup> Adapted for the classroom from Alberts, H. & Poole, L., at PositivePsychology.com B.V. (2019)



**Worksheet 2: My Resilience Plan**

**Difficult situation:**

**Supportive**  
people I can call on

**Strategies**  
I can use to keep moving

**Sage wisdom**  
that inspires me

**Solution-seeking behaviors**  
I can engage in to tackle the problem



**Sample Worksheet 2: My Resilience Plan**

**Difficult situation:** *Screwed up an high-stake exam*

<b>Supportive</b> people that kept me upright	<b>Strategies</b> I used to keep moving
<i>Called my friend</i>	<i>Went for a run, listening to my favorite album</i>
<i>Called my mom</i>	<i>Practised yoga</i>
	<i>Used meditation app</i>
	<i>Binged a bit of Netflix to take my mind off it</i>
	<i>Wrote in my journal</i>
	<i>Baked cookies</i>
<b>Sage wisdom</b> that inspired me	<b>Solution-seeking behaviors</b> I engaged in to tackle the problem
<i>Remembered that growth comes from mistakes</i>	<i>Emailed to ask for feedback from the teacher</i>
<i>"This too shall pass" – phrase I have stuck to my wall</i>	<i>Registered for the re-examination</i>
<i>"No pain, no glory" – phrase my brother always says</i>	<i>Looked up coaching tips online for learning strategies</i>