

Resilience – Reflection & Practice Worksheet

Story Reflections & Mini-Challenges

Ancient Myth: The Phoenix

Reflection: Where in my life do I feel burned by failure — and what new strength could be born from those ashes?

Mini-Challenge: Take one disappointment and reframe it as the ashes that fed your growth.

Japanese Proverb: Fall Seven Times, Stand Up Eight

Reflection: What setback have I fallen to more than once? Am I willing to rise again?

Mini-Challenge: Notice where you've fallen before. Commit to rising one more time.

Middle Era: Joan of Arc

Reflection: Where do I need resilience not just to survive, but to stay true to my purpose under pressure?

Mini-Challenge: Identify one area where you've been tempted to abandon your values. Hold the line this week.

Modern: Oprah Winfrey

Reflection: What rejection in my past might have been redirection?

Mini-Challenge: Revisit one 'failure' and reframe it as training for where you are today.

Modern: J.K. Rowling

Reflection: Where am I letting a 'no' stop me? What would resilience look like instead?

Mini-Challenge: Choose one area where rejection discouraged you. Try again this week.

The Resilience Framework Endure → Reframe → Grow

Stage	Self-Rating (1-5)	One Action to Strengthen
Endure (survive the impact)		
Reframe (see lessons in setbacks)		
Grow (rise stronger and wiser)		

Mini-Challenge: Identify one current setback. Write how you will endure it, reframe it, and grow from it.

Weekly Resilience Tracker

Day	How I Practiced Resilience
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

Journaling Prompt

What did I notice this week about how I felt and how others responded when I rose after setbacks?