



the
slow life
project

My Resilience Worksheet for event:

1. Before you do anything else, list out three things you did right in the situation you're facing, that you're proud of. You **MUST** build yourself up before you look at improving, so do not skip this step! Aim to tie your actions back to a value that you hold too.

Three things I got right in this situation were:

1.

2.

3.

2. Choose **ONE** thing to do differently next time, based on what you've learnt from going through the experience. Remember, choosing just one thing prevents overwhelm, and also ensures that you keep confident enough to have a chance of successfully implementing the change.

My one change to make is:

3. What is the value (often character-based) that is underlying the action you'd like to take from step 2? For example, do you need to focus on learning, confidence, compassion, discipline, friendliness, courage (or another value) in order to take this action?

Value:



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4. Choose a way to act on this value now. Find an activity you can begin in the next **thirty minutes** that will give you the opportunity to display this value.

My activity is:

5. Now go engage in this activity! And write down how it went, and how you felt, below.

I did:

And felt:

6. Write a big list of ways you will continue to act on that value in the future.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now, whenever you find yourself recalling the past event, gently direct your attention back to the present. Read through the list above, bring your attention to the value you're working on, and the actions you're taking, that mean you have learnt and grown from the experience.