



Personal Resiliency Builders In Action Worksheet #2 Leading in a Disruptive World With Resiliency & Emotional Courage

In considering the ***Individual Protective Factors that Facilitate Resiliency*** listed on the other side, identify a personal problem or challenge you are facing now. How can you use your Individual Protective Factors to help you overcome, learn, and grow from this situation?

- ✧ **Relationships:** sociability / ability to be a friend/ability to form positive relationships
- ✧ **Service / Helpfulness:** gives of self in service to others and/or a cause
- ✧ **Life skills:** uses life skills, including good decision-making, assertiveness, and impulse control
- ✧ **Humor:** has a good sense of humor, can laugh at difficult situations
- ✧ **Inner direction:** bases choices/decisions on internal evaluation (internal locus of control)
- ✧ **Perceptiveness:** insightful understanding of people and situations
- ✧ **Independence:** “adaptive” distancing from unhealthy people and situations/autonomy, able to go your own way when you know it is right for you
- ✧ **Positive view of personal future:** optimism/expects a positive future
- ✧ **Flexibility:** can adjust to change; can bend as necessary to positively cope with situations
- ✧ **Love of learning:** capacity for and connection to learning
- ✧ **Self-motivation:** internal initiative and positive motivation from within
- ✧ **Competence:** is “good at something” / personal competence
- ✧ **Self-worth:** feelings of self-worth and self-confidence
- ✧ **Spirituality:** personal faith in something greater
- ✧ **Perseverance:** keeps on despite difficulty; doesn’t give up
- ✧ **Creativity:** expressiveness through any type of artistic endeavor, and/or using imagination and creative thinking or other processes