



Personal Resiliency Experiences Worksheet #1 Leading in a Disruptive World With Resiliency & Emotional Courage

List 3 times you were knocked down and were able to get back up - both at work and in your personal life.

1.

2.

3.

Now pick one that really knocked the wind out of you and respond to these questions:

1. What was the situation?

2. What factors allowed you to bounce back?

3. What personal characteristics did you draw from in order to bounce back?

4. How have you used those same characteristics in adapting to the radical changes thrust upon you in our current world?