

## I AM CULTIVATING RESILIENCE

I am cultivating resilience, consciously learning to adapt and thrive amidst life's challenges.

This journey of self-discovery and empowerment involves embracing life's ebbs and flows, recognizing that each obstacle is an opportunity to fortify my spirit and expand my capabilities.

My strength of spirit, nurtured through experiences and introspection, enables me to navigate uncertainty confidently and gracefully, transforming adversity into a catalyst for growth and wisdom.

In this process, I draw inspiration from nature's resilience, where a renewal follows every storm, and every winter gives way to spring.

Just as the mightiest trees are shaped and strengthened by the winds, so too am I shaped by the trials I face.

These experiences carve depths of character, instilling an unshakeable belief in my ability to overcome and flourish.

# REFLECTION QUESTIONS

**1**

What strategies can I use to build resilience?

**2**

How has overcoming challenges made me stronger?

**3**

How can I support others in building their resilience?