

I AM DEVELOPING RESILIENCE

I am developing resilience and learning to navigate challenges with grace and determination. Resilience is my inner compass, guiding me through adversity with a steadfast heart and unwavering courage.

It is built on the foundation of my past experiences, the lessons I've learned, and the self-compassion I extend to myself in difficult moments. I draw strength from overcoming past obstacles, knowing that each challenge has made me stronger and more prepared for the future.

I acknowledge my vulnerability as much as my fortitude, recognizing that both are integral sources of my resilience. Embracing my whole self allows my resilience to grow, making me more adaptable, confident, and resourceful.

I trust in my ability to face whatever the future holds, equipped with the inner strength and determination to overcome adversity. I am proud of the resilient person I am becoming.

REFLECTION QUESTIONS

1

How have I demonstrated resilience in the past?

2

What strategies can I use to build resilience in the present?

3

Who do I admire for their resilience, and what can I learn from them?