ADULTS | PRINTABLE WORKSHEET

Building Resilience



WHAT THIS IS

Resilience is the ability to adapt and recover from hard times. It is built through everyday habits and supports, not just toughness.

HOW TO USE IT

1. Rate each pillar from 1 to 5.
2. Choose the one to strengthen.
3. Plan one concrete action.

EXAMPLE

"*Connection: 2. Action: text an old friend and invite them for a walk.*"

Connection People I can lean on	1	2	3	4	5
Meaning What gives my life purpose	1	2	3	4	5
Body care Sleep, food, movement	1	2	3	4	5
Flexible thinking Seeing options and reframing	1	2	3	4	5
Skills Coping tools I trust	1	2	3	4	5

A hard time I got through

What helped me?

Strengths I used

The pillar I will strengthen and my first action:

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