

Journal Reflection Prompts: Resilience

You may use the following prompts to guide your thinking. You may record your thoughts in this document or in another method of your choice.

Can you recall a time when you faced a significant challenge or setback? How did you initially respond to this situation?

Reflect on the emotions you experienced during this challenging time. How did you cope with these emotions?

What specific actions or strategies did you use to overcome the obstacle you were facing?

In what ways did you demonstrate resilience during this challenging time? Were there moments when you felt like giving up, and if so, what kept you going?

Reflect on the importance of having a positive mindset or outlook when facing adversity. How did your attitude influence your ability to bounce back?

How has this experience of resilience shaped your approach to future challenges or setbacks? Are there lessons you can apply to similar situations in the future?

Consider the role of self-care and personal well-being in building resilience. How did you prioritize your physical and emotional health during this challenging time?