

A STRENGTH-BASED REFLECTION

Mapping My Strengths

Resilience is rarely something we have to build from scratch. More often, it is something we recognize, name, and trust more deeply. This worksheet invites you to look back — gently and honestly — at the strengths you have already drawn on.

NAME _____ DATE _____

Before you begin: *There is no rush, and no right answer. You may complete this in one sitting or return to it across several days. Please choose an experience that is workable for you to reflect on right now — something difficult, but not actively overwhelming.*

1 Bring to mind a difficult experience from your past that you moved through.

It does not need to be the hardest thing you have lived through. Choose something you have enough perspective on to reflect on with care.

2 What inner qualities or strengths did you draw on during that time?

Look beyond the obvious. Patience, curiosity, humor, honesty, persistence, faith, creativity — these all count.

IF YOU FEEL STUCK, HERE ARE SOME STRENGTHS TO CONSIDER:

courage patience honesty persistence creativity kindness resourcefulness humor curiosity
discernment steadiness flexibility self-awareness compassion hope discipline warmth quiet strength

3 Who or what supported you during that time?

Consider people, places, practices, beliefs, animals, music, communities, or even small daily rituals.

4 What did you learn about yourself through that experience that you still carry today?

This may be a value, a piece of wisdom, a softer way of being with yourself, or a clearer sense of what matters.

5 What does this experience tell you about your capacity now — about what you are able to meet?

Notice if you tend to dismiss your own resilience. Try to receive what is true with the same warmth you would offer a friend.

6 If life feels hard again, what is one strength you want to remember you have?

Write it as a brief sentence you could return to. For example: "I have learned how to ask for help." or "I am steadier than I sometimes believe."

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7 One small action this week that would honor what I have just named:

◆ *The very fact that you have continued is evidence of resilience already at work.* ◆