

Resilience Worksheet



ifchloecan.org.uk

The definition of resilience is the ability to recover quickly from difficulties. There are set backs in every career and day-to-day life. To get over these bumps in the road we need to have resilience. Resilient people are better able to make sense of the world and cope with difficulties that life throws at them.

✱ *Can you give an example of a time you have had to show resilience?*

✱ *Can you give an example of when you weren't resilient? How did you feel?*

✱ *Are you born with resilience or is it something you learn? Explain your answer.*

✱ *Name 3 ways you could build your resilience?*

Name

.....

Date

.....



Who is the most resilient person you know and why? Give examples in your answer.



Do you think resilience is an important skill to have?



Is resilience something we use everyday?



Do you need resilience to succeed?



Is there a time where resilience could have helped you cope with a situation?



Which of the **If Chloe Can** role models do you think showed the most resilience?



Can you research a famous quote about resilience?