



EXPLORING STRENGTHS WORKSHEET

TRAIT-TOPIA

superpowers

Choose one resilient trait from the list below that resonates with you the most. Reflect on how this trait contributes to your ability to overcome challenges and bounce back from adversity.

Perseverance
Optimism
Adaptability
Problem-Solving

Self-Efficacy
Growth Mindset
Self-Awareness
Emotional Regulation

Why did you choose this specific resilient trait for reflection?

How has this trait helped you overcome challenges in the past?

Can you recall a recent situation where you demonstrated this trait?

What steps can you take to cultivate this trait in your daily life?



CHARACTER

capers await

Think about popular fictional characters or mascots known for their resilience. Reflect on the strengths they possess that help them bounce back from challenges. Then, create your own resilience mascot and identify the strengths it embodies.

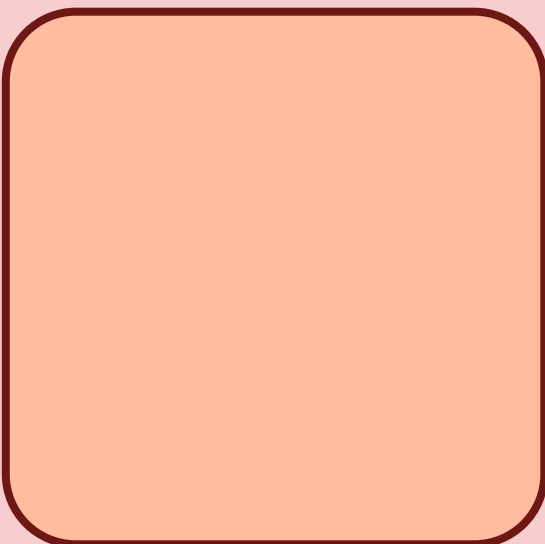
Character Chosen



Strengths Witnessed

- **Bravery:** Exceptional courage in facing danger and standing up for what is right.
- **Loyalty:** Unwavering commitment to friends and ideals, strengthening bonds and motivating protection of others.
- **Resourcefulness:** Quick thinking and creative problem-solving abilities aiding navigation through challenges.

Character Chosen



Strengths Witnessed

MIC CHECK

podcast it



The Mind Garden
bloom where you're planted

Imagine you are creating a podcast series consisting of five episodes, each focusing on one of your strengths in relation to resilience. Your task is to brainstorm ideas, stories, and reflections for each episode, exploring how your strengths have contributed to your resilience journey.

Episode 1: OVERCOMING ADVERSITY

Reflect on moments of adversity you've faced and how your inner courage propelled you forward.

Episode 2: BUILDING BONDS

Consider the importance of relationships and how loyalty to yourself and others has fortified your resilience.

Episode 3: FINDING SOLUTIONS

Discuss creative problem-solving strategies and the resourcefulness you've tapped into during challenging times.

Episode 4: PERSISTENCE PAYS OFF

Share stories of perseverance and how your determination has been a driving force in overcoming obstacles.

Episode 5: EMPATHY IN ACTION

Explore the impact of compassion on resilience, highlighting instances where empathy has lifted you up and strengthened your resolve.