

WHAT DO I DO NOW?: ACT I

Think back to a time before your unexpected event happened. What are 3 words that you would have used to describe yourself?

In a couple sentences, outline what happened that was unexpected.

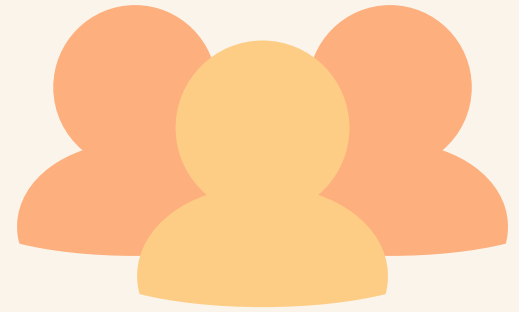


How did you feel when this happened? Was there something you were afraid or uncertain about?



WHAT DO I DO NOW?: ACT II

List one person, object, or resource that helped you to take on or navigate your experience. Or, if you are still navigating this experience, name one place you could get support.



What was/is one thing you had/have to acknowledge or let go of to grow from this experience? (e.g. unrealistic goals, different approach to a personal relationship, expectation of self)

WHAT DO I DO NOW?: ACT III

One strength that I now know I have is:



I will continue to build on this strength by:

In the future, I will remind myself to use my strength by:
(e.g. setting monthly reminders of my resilience, leaving a post-it in my notebook)

