

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Resiliency Worksheet #1

Name of famous "hero:" \_\_\_\_\_

In the spaces below, describe how your chosen "hero" demonstrates or demonstrated any of the seven resiliencies listed below.

1. Insight

2. Independence

3. Relationships

4. Initiative

5. Creativity

6. Humor

7. Morality

Name: \_\_\_\_\_

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## **Resiliency Worksheet #2**

In the spaces below, describe how you have demonstrated any of the seven resiliencies in your own life.

**1. Insight**

**2. Independence**

**3. Relationships**

**4. Initiative**

**5. Creativity**

**6. Humor**

**7. Morality**