

# 21 day challenge: resilience

welcome friend:

Did you know that how **RESILIENT** you are, is the biggest single predictor of how successful and happy you will be both in school and in life.

The great news is that **RESILIENCE** is a resource you have that you can grow and develop. However, you can't do this by studying from a book, you learn and grow through experience and practice.

We have created a 21 day challenge to help you to do this... are you up for it?

We hope so amigos!

So, if you are willing to commit to this challenge then please sign your name on the dotted line below:

I \_\_\_\_\_ (the undersigned) accept this **RESILIENCE** challenge.  
I understand that this challenge won't be easy and I am willing to work hard and try my best for the next 21 days:

Signed: \_\_\_\_\_

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

progress tracker: check each day off you complete

day	1	2	3	4	5	6	7
check when completed	<input type="checkbox"/>						
Missed a day?	8	9	10	11	12	13	14
Don't worry, just pick up where you left off.	<input type="checkbox"/>						
Tomorrow is another day!	15	16	17	18	19	20	21
	<input type="checkbox"/>						



# 21 day challenge



## what is resilience?

Before we begin, here are a few examples of what **RESILIENCE** looks like in action:

**RESILIENCE** is when you **believe in yourself**, even when other people don't believe in you.

It's also when you **try to do your best**, even when nobody is watching, or when you don't have to do your best work.

It's when you have a **positive attitude**, even (and especially) when things don't go to plan.

It's when you **try and think of solutions and answers**, instead of complaining about what's wrong and seeing only problems.

You are **RESILIENT** when you **work hard**, instead of just relying on your natural talent.

It's about **doing what you said** you would do, because you said you would do it.

It's about **not giving up**, even (and especially) when things get difficult.

**RESILIENCE** is when you **try your best**, even when you don't feel like doing so.

Being **RESILIENT** helps you to **bounce back** from the tricky challenges that life will throw your way.

## get better with practice



It's important to remember that **RESILIENCE** is a bit like a muscle, and, just as your muscles grow and get stronger with regular exercise so does your **RESILIENCE**.

Just knowing something does not build a habit but doing and practicing it does, which is what the 21 day challenge is all about!



# 21 day challenge



## how the challenge works:

Each day you will have 3 activities to complete:

1. a **morning activity** to help you start your day with a positive, **RESILIENT** mindset
2. a **daily mission** to help you to focus on **RESILIENCE** during the day
3. a **night activity** to end the day and cement what you have learned

Each activity is really easy to do and will only take you a minute.



The best thing to do is to decide now when you are going to do your activities.

For us it worked best to print the workbook and put it right next to our bed, that way we made sure to remember to do each **morning activity** and **daily mission** when we woke up, and to do our **night activity** just before bedtime.

Write down when you will do yours:

I will do my **morning activity** \_\_\_\_\_

I will do my **daily missions** \_\_\_\_\_

I will do my **night activity** \_\_\_\_\_

Finally:



When you see this pen sign, it's time to write something down. Just write whatever comes to mind as there are no 'right' or 'wrong' answers.



This sign means you should spend 20 seconds thinking about what you have just written. Close your eyes, relax and let the lovely positive feelings that your answer makes you feel grow.

It is really important that you do this, it helps you to build your **RESILIENCE**.



This box will appear at the end of each activity, please put a lovely big colourful tick in it once you have completed the activity.



This sign means that we are sending you a 'virtual' high five, a big **WELL DONE** from us for completing the task. Tell your parent or caregiver too, give them a high five or pat yourself on the back- it's important to celebrate each completed activity.

OK... are you ready amigos? Then let's **DO** this!





# day 1



**morning:** You are a pretty amazing human being... write down 1 thing about yourself that you are **grateful** for:



I am a thoughtful person who thinks about other people and what they might need- I am grateful for that.

Remember: close your eyes and spend 20 seconds thinking about your answer:



**daily mission:** You have shown your **RESILIENCE** many times in your life already- let's look for some **evidence** of that.

What you believe about yourself helps to shape how you behave, and your behaviour influences the results you get.

You believe what you believe because your brain collects evidence to support that belief... so, let's collect some evidence of your **RESILIENCE**.

Think of a situation when you already showed how **RESILIENT** you are, please write down this 'evidence' now:

**I showed my resilience before when I ...**

At the beginning of last year I didn't make the school team, but I didn't give up. I kept on practicing and trying my best and eventually I was picked for the team- which made me very happy- yeah!

Today: be on the lookout for more evidence of your **RESILIENCE**, this will help you for your night activity. ↓



**night:** Write down one thing that you did today that was resilient. Let's collect even more 'evidence' that will increase your **belief** in your **RESILIENCE**...



Today I finished all of my homework, even though I didn't really feel like doing it.

Remember: close your eyes and spend 20 seconds thinking about your answer:





# day 1



**morning:** You are a pretty amazing human being... write down 1 thing about yourself that you are **grateful** for:



Remember: close your eyes and spend 20 seconds thinking about your answer:



**daily mission:** You have shown your **RESILIENCE** many times in your life already- let's look for some **evidence** of that.

What you believe about yourself helps to shape how you behave, and your behaviour influences the results you get.

You believe what you believe because your brain collects evidence to support that belief... so, let's collect some evidence of your **RESILIENCE**.

Think of a situation when you already showed how **RESILIENT** you are, please write down this 'evidence' now:

 I showed my resilience before when I ...

Today: be on the lookout for more evidence of your **RESILIENCE**, this will help you for your night activity. 



**night:** Write down one thing that you did today that was resilient. Let's collect even more 'evidence' that will increase your **belief** in your **RESILIENCE**...



Remember: close your eyes and spend 20 seconds thinking about your answer:





# day 2



**morning:** think of a time when you **solved a tricky problem...** how did you feel, and why did you feel like that?



Remember: close your eyes and spend 20 seconds thinking about your answer:



**daily mission:** it helps to have a **positive outlook**

Being **RESILIENT** often means being positive even when things aren't going to plan! This helps your brain remains open to solutions.

An easy way to do this is to ask yourself:

**"What is ONE positive thing that happened as a result of this situation?"**

Try it now... write down **ONE** situation that went wrong and then write **ONE** positive thing that happened as a result.



**night:** one **positive** thing that happened today is...





# day 3



**morning:** think of a time when you really **tried your best** even when it was difficult



**daily mission:** using your **body** to feel more **RESILIENT**

Did you know that you can use your body to feel more **RESILIENT**?

Well you can.

Look at the picture below, do you think this person feels happy or sad?

This pose is called 'pride' and it's the same pose that athletes make as they cross the finish line and win a medal in a race.



Try it now.

Hold your arms wide open above your head, with your head tilted upwards, a big grin on your face, with your legs spread.

Hold for 1 minute.. now how do you feel?

Next time you need to feel more **RESILIENT** and confident- why not try this pose?



**night:** one thing that happened today that made you feel **good about yourself**...





# day 4



**morning:** do the **power pose** from yesterday, hold it for 1 minute and write down how you feel afterwards.



**daily mission:** the power and magic of the word **yet**



Your words are very powerful, they act as instructions to your brain.

Your brain is very well behaved- it does exactly what you tell it to.

One of the words that your **RESILIENT** brain doesn't like is... **NOT**.

**Not** tells your brain that something isn't possible.

- I **cannot** do this.
- I will **not** be able to succeed.
- I am **not** good enough.
- I do **not** understand this.

Next time you hear yourself saying **NOT**, just add a magic 3 letter word on the end of your sentence: **YET**.

- I **cannot** do this **YET**.
- I will **not** be able to succeed **YET**.
- I am **not** good enough **YET**.
- I do **not** understand this **YET**.

**YET** tells your brain that things are **POSSIBLE**, that you are making **PROGRESS**- it helps your brain be more **RESILIENT**.



**night:** think of a time today when you showed your **resilience**...





# day 5



**morning:** one time in your life when you **didn't give up** is...



**daily mission:** **positive behaviour**

Positivity is a key part of being a **RESILIENT** person. When things go wrong, positivity will help you to find a solution and to do something about it.

Your mission today is to be positive even if something goes wrong.

Give yourself a score out of 10 (1=not very positive and 10= very positive), and then write down one thing that you could do to improve your score next time.

**MY POSITIVE SCORE TODAY IS \_\_\_\_**

**One thing I could do to improve my score is:**



**night:** today was a **positive** day because...



# day 6

**morning:** one thing that happened this week that you are really grateful for is...



I was really grateful for my effort in completing this 21 day challenge so far, it proves to me that I can accomplish my goals when I put my mind to something.



**daily mission:** values- what is important to you about...

- Family
- Friends
- Doing Well
- Fun
- Happiness
- Learning
- Working Hard
- Growth
- Gratitude
- Inner Peace
- Respect
- Curiosity
- Persevering
- Love
- Contributing
- Honesty

Choose **ONE** of the values listed above.

Now write down **WHAT** is important to you about this value and your **RESILIENCE**:



**WORKING HARD** is important to me.

I know that if I work hard each day and try my best I will become more and more resilient.

And what is important to you about that (your answer)?



Trying my best and becoming more resilient is important to me because it will help me to get better and reach my full potential!

Which will make me happy.



**night:** what was positive about this week?



I felt myself using my resilience a few times.

I did my homework because I said I would and I stayed positive during a difficult situation at school.





# day 6



**morning:** one thing that happened this week that you are really **grateful** for is...



**daily mission:** **values**- what is important to you about...

- Family
- Friends
- Doing Well
- Fun
- Happiness
- Learning
- Working Hard
- Growth
- Gratitude
- Inner Peace
- Respect
- Curiosity
- Persevering
- Love
- Contributing
- Honesty

Choose **ONE** of the values listed above.

Now write down **WHAT** is important to you about this value and your **RESILIENCE**:



And what is important to you about that (your answer)?



**night:** what was **positive** about this week?





# day 7



**morning:** one time in your life when you truly **believed** in yourself is...



I am usually quite good, I believe in myself most of the time.  
One time when I felt this the most was preparing for a test... i worked hard  
and really believed I could pass, and I did!!!



**daily mission:** what sort of person **are you?** a **RESILIENT** one, of course!

This week you will have collected lots of evidence that will help you to see yourself as a **RESILIENT** person.

Look back through this challenge booklet at your completed work and then complete the sentence below:

**I know that I am a resilient person because...**



I have worked hard on my resilience this week.  
I tried my best in a difficult exam.  
Also I stayed positive during the exam when there was a difficult question.  
I also kept a positive attitude at home when I was asked to do my chores.



**night:** one thing you **learned** about yourself this week is...



I am a pretty resilient person and working on my resilience each day is helping me become more resilient.





# day 7



**morning:** one time in your life when you truly **believed** in yourself is...



**daily mission:** what sort of person **are you?** a **RESILIENT** one, of course!

This week you will have collected lots of evidence that will help you to see yourself as a **RESILIENT** person.

Look back through this challenge booklet at your completed work and then complete the sentence below:

I know that I am a resilient person because...



**night:** one thing you **learned** about yourself this week is...



# award

because I am worth it



Well done! YOU have completed 7 days.

Write your name in the box below and we'll see you tomorrow for day 8.

## 7 Day RESILIENCE Champion





# day 8



**morning:** write down one reason why you think it's important to **believe** in yourself:



Remember: close your eyes and spend 20 seconds thinking about your answer:



**daily mission:** what do you **believe** about yourself?

What you believe about yourself helps to shape how you behave, and your behaviour influences the results you get.

Write down 3 positive things that you believe about your self:



I believe that I am

I believe that I am

I believe that I am



**night:** write down one thing that you did **well** today...



Remember: close your eyes and spend 20 seconds thinking about your answer:





# day 9



**morning:** think of something you do that brings you joy... what is it and how does it bring you joy?



Remember: close your eyes and spend 20 seconds thinking about your answer:

**daily mission:** it's ok to... be you

It's ok to have negative thoughts and feelings.

They are perfectly normal and a part of being human.

Nobody is positive (or perfect) all of the time... so don't worry.

The key is when you hear the negative thought is to say something positive to balance it out.

Here at lifehacksforkids H.Q. whenever we feel a bit down we like to say to ourselves:

**"Believe in yourself, you are good enough".**

We do this silently in our heads, sometimes we repeat it until we feel a bit better.

Your turn now: Write down your positive phrase and use it whenever you feel a bit low or sad.

Keep it simple and so it's easy to remember.



**night:** write down one positive thought that you had today...





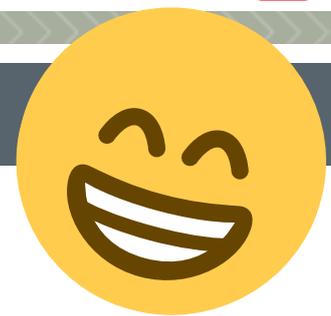
# day 10



**morning:** write down one thing that you are **grateful** for about who you are as a person...



**daily mission:** you'd better **smile, smile, smile**



One of the best and easiest ways to feel happy is to just smile.

Try it now... give us your best smile, go on!!!



It's impossible not to, right?

The best thing about smiling is that it makes you feel good and the second best thing about smiling...

... it makes other people feel good too!

Your **MISSION** today is to smile at everybody you meet.

Make eye contact with them and just smile.

Do it naturally, don't force it.

See what sort of reaction you get and most importantly, see what sort of day **YOU** have.

We bet it's a great one!



**night:** one thing that happened today that made you feel **happy**...





# day 11



**morning:** can you remember the last time that you **took a risk** how was it? how did you feel during and afterwards? write it down...



**daily mission:** change your **words**, change how you experience life

The words you choose to describe your experience are extremely important.

As an example, let's take the words 'excited' and 'nervous'.

Now, your body doesn't know the difference between 'excited' and 'nervous', the same chemicals are produced, but one word makes you feel worried, the other makes you feel ready to take on something.

See the difference?

So we have some words below that you could choose to use from now on, to make you feel more **RESILIENT**.

Instead of saying I'm **nervous**, try saying I'm **excited**.

Nobody likes a **problem**, we like to call it a **challenge**.

What about the word **failure**? We like to say it's a **setback** instead- much better.

Instead of saying **I have to**, say **I choose to** instead.

Try replacing **difficult**, with **challenging** and see how you feel.



**night:** think of a time today when you used **positive** language in some way- write it down





# day 12



**morning:**

write down the name of a person in your life who you **love**, think about them now, how does this make you feel?



**daily mission:** without even **asking**

Isn't it great when somebody does something for you?  
Something out of the blue, something you didn't expect.  
Well, today it's your turn to do something cool for someone else.  
It doesn't matter who or what, the key is to just do something. So you could:

- help your sibling with their homework
- do a chore that your parents or caregiver really hates
- offer to help with the shopping
- make a cup of tea for everyone
- get breakfast ready before everyone gets up

**Who did you help?:**  
**What did you do?**  
**How did you feel?**  
**What they said/ did:**



**night:** today was a **positive** day because...





# day 13



**morning:** positive meditations: close your eyes and focus on your breathing...breathe in then breathe out- do this 3 times until you feel relaxed then...

Say the words below to yourself:

"I feel safe..."

"I feel happy..."

"I feel healthy..."

"I feel **RESILIENT**..."

Repeat 3 times...



**daily mission:** values- what is important to you about...

- Family
- Friends
- Doing Well
- Fun
- Happiness
- Learning
- Working Hard
- Growth
- Gratitude
- Inner Peace
- Respect
- Curiosity
- Persevering
- Love
- Contributing
- Honesty

Choose **ONE** of the values listed above.

Now write down **WHAT** is important to you about this value and your **RESILIENCE**:

And what is important to you about that (your answer)?



**night:** what was **positive** about this week?





# day 14



**morning:** write down your **intention** for today... why are you getting up and doing what you do?



**daily mission:** what sort of person **are you**? a **RESILIENT** one, of course!

This week you will have collected lots of evidence that will help you to see yourself as a **RESILIENT** person.

Look back through this challenge booklet at your completed work and then complete the sentence below:

I know that I am a resilient person because...



**night:** one thing that you **learned** about yourself this week is...



# award

because I am worth it



Well done! YOU have now completed 14 days.

Write your name in the box below and we'll see you tomorrow for day 15.

## 14 Day RESILIENCE Champion





# day 15



**morning:** write down one thing about you as a person that makes other people **happy**...



Remember: close your eyes and spend 20 seconds thinking about your answer:



**daily mission:** whether you **believe** you can or **believe** that you can't... you are right

What you believe about yourself helps to shape how you behave, and your behaviour influences the results that you get.

Write down 3 positive things that you believe about your self:



I believe that I...

I believe that I...

I believe that I...



**night:** write down one thing that you did today that made you **proud**, and why it made you **proud**



Remember: close your eyes and spend 20 seconds thinking about your answer:





# day 16



**morning:** think of something you do that brings other people **joy**... what is it and how does it bring them **joy**?



Remember: close your eyes and spend 20 seconds thinking about your answer:



## daily mission: improvement points

We all have our strengths: those areas of our character and personality that work well for us . We also all have areas that could do with a little bit of work (shall we say), some people call these weaknesses, but we like to call them 'improvement points'.

This means that you can always look to improve these areas in your life.

Your mission today is to think of an 'improvement point' that you have and to think of 3 practical ways that you could actually get better at it:

 One area of my life I would like to improve is:

3 things I can do to improve:

Choose your favourite solution and incorporate it into your life, see how you improve!



**night:** ask a family member to tell you about one of your personal **strengths**...





# day 17



**morning:** dance around your room as if you have just had an electric shock & learned that you have won the lottery at the same time- do this for 30 seconds, now write how you feel...



**daily mission:** "let it go" ... (don't worry, no songs from Frozen here)

A Buddhist master and his student were walking by a river bank when a very upset woman approached them. She urgently needed to see her sick father and she begged the master and his student to help her cross the river.

This was a problem because in their religion they were forbidden to look at, or even speak with, a woman, however, the master gently picked her up and carried her through the water and put her down on the other side. He said goodbye and went on his way with the student.

The student was silent for the rest of the day. As they were preparing for bed that night, the student exploded; "You spoke with a woman today and then carried her across the river. How could you do that? Our religion tells us that this is wrong." "I remember," said the master, "I already put her down, but you are still carrying her."

This little story is all about 'letting go'. Like the student, we often keep hold of things which hold us back. Your job today is to be the master... what one thing can you let go of right now, that will help you to move forward? Are you holding a grudge against someone? Do you have a limiting belief about yourself? LET IT GO..... now.



**night:** one thing that happened today that made you feel good about yourself...



# day 18

**morning:**

go to your nearest mirror, stand in front of it, look at yourself directly in the eyes and say "I LOVE MYSELF" 10x, then write down how you feel.



**daily mission:** change your **words**, change how you experience life part 2

Last week we talked about replacing negative words with more positive words: Remember:

- i'm nervous vs. **i'm excited**
- i have to vs. **i choose to**
- it's a problem vs. **it's a challenge**
- it's difficult vs **it's quite challenging**
- i've failed vs **it's just a setback**

This week watch out for these naughty words: never, always, too.

- I'm never going to be able to do this... What never, **REALLY?**
- I always make the same mistake... **WHAT**, every **SINGLE** time, the same one?
- This is too difficult... **REALLY**, compared to **WHAT?**

We prefer nice positive words instead like: **sometimes** and **at the moment**:

- I can't do this **SOMETIMES**
- I make this mistake **AT THE MOMENT**
- This is too difficult **AT THE MOMENT**

Remember, these words give instructions to your brain, they tell it that you are getting there, that things are possible, these words help you to be **RESILIENT**.



**night:** think of a time today when you were **positive**... write down what happened...



# day 19

**morning:**

think of one thing in your life that you feel really **passionate** about... write down why you have so much **passion** for it... why it makes you feel the way you do.



**daily mission:** it's good to **fail**...

This might sound a bit strange, but failure is actually a good thing!

"That's crazy"... i hear you say, but it's not crazy it's the truth.

Without failure, there is no learning.

Without failing, you can't grow.

Without failing, there's no feedback- you don't know where you need to improve.

Without failure, you don't have the motivation to get better.

Your mission today is to **FAIL** at something.

It doesn't matter what.

Fail gloriously- the bigger the failure the bigger the lesson.

- put your hand up if you don't understand something in class
- volunteer to do something that you know you can't
- try your hardest at something you always fail at
- ask someone out on a date
- ask your teacher for some honest feedback on where you are at



**night:**

what did it feel like to **fail**? and what did you **learn**?





# day 20



**morning:** close your eyes and **think** about all the lovely amazing things in your life: family, friends, pets, mother nature, the fact that you are alive, the sun, the wind on your face...

  Write down what you are most grateful for and why...



**daily mission: values-** what is important to you about...

- Family
- Friends
- Doing Well
- Fun
- Happiness
- Learning
- Working Hard
- Growth
- Gratitude
- Inner Peace
- Respect
- Curiosity
- Persevering
- Love
- Contributing
- Honesty

Choose **ONE** of the values listed above.

Now write down **WHAT** is important to you about this value and your **RESILIENCE**:

And what is important to you about that (your answer)?



**night:** what was **positive** about your week this week?





# day 21



**morning:** what makes you **grateful** to be alive... write down as many things as you can in 1 minute



**daily mission:** what sort of person **are you**? a **RESILIENT** one, of course!

This week you will have collected lots of evidence that will help you to see yourself as a **RESILIENT** person.

Look back through this challenge booklet at your completed work and then complete the sentence below:

I know that I am a resilient person because...



**night:** this is your last exercise so... please write down 3 things that you **learned** about yourself doing this 21 day challenge



# award

because I am worth it



Well done! YOU have now completed the full 21 days.

Write your name in the box below.

On the next page we have some fun activities for you to do as a reward!

## TOTAL RESILIENCE Champion





# fun zone



**fun zone:** colour in the image below...



**RESILIENT  
SUPER HEROES  
COME IN ALL  
DIFFERENT  
SHAPES AND  
SIZES!**

**fun zone:** word search

C	T	H	A	N	J	P	X	X	I	L	V
A	T	P	I	W	I	P	A	T	B	C	M
H	I	N	E	P	S	R	Y	I	H	U	I
Y	A	G	E	R	O	T	F	P	X	H	N
G	H	B	U	I	S	S	F	K	B	J	D
F	Q	F	T	E	L	I	I	J	Q	H	S
B	N	R	S	U	V	I	S	T	N	G	E
R	T	Y	W	T	S	E	S	T	I	S	T
O	V	L	N	V	R	B	I	E	E	V	A
L	K	F	N	M	Z	O	E	L	R	N	E
G	H	T	L	X	H	M	N	Z	E	O	T
C	S	S	D	M	J	H	B	G	K	B	S

**Can you find the 6 hidden resilience words in the jumbled letters?**

- Strong
- Persistent
- Positive
- Mindset
- Resilient
- Believe