

# 7 DAY RESILIENCE CHALLENGE

Now that you know what RESILIENT behaviour looks like, the key is to see if you can be resilient too. How many times in the next week can you show the RESILIENT behaviours below? **Tick a box each time you do.**

DAY: 1 2 3 4 5 6 7

**I believed in myself:**

Whether you believe you can or you can't... you're right!

- Henry Ford

**I was positive:**

The more you feed your mind with positive thoughts, the more you can attract great things into your life. — Roy T. Bennett

**I tried my best:**

Always do your best. What you plant now you will harvest later.

- Og Mandino

**I bounced back:**

No matter how hard life pushes you down... you can always bounce back. - Sheryl Swoopes

**I didn't give up:**

Follow your dreams, believe in yourself and don't give up.

- Rachel Corrie

**I did what I said:**

People may doubt what you say, but they will believe what you do.

- Lewis Cass