

# 6 POWER STRENGTHS OF RESILIENCE CHALLENGE

1. How did you use your 6 RESILIENCE POWER STRENGTHS today?
2. Use the words in each category to help you think.
3. Circle or underline the one that describes the BEHAVIOUR you showed.
4. Then check/ tick the hexagon box for your records.
5. Finally give yourself a huuuuuge HIGH FIVE, from us- GREAT WORK!!!
6. See how many you can check off this week.



**zest**

ENERGY ENTHUSIASM VITALITY AMBITION HELP Someone VIBRANT  
 TAKE SATISFYING LIVE LIFE TO THE FULL TOLD A JOKE LAUGH JOY  
 ACTION APPRECIATE PASSION GIVE 100% EXCITEMENT SMILE  
 HAPPY LIFE SPREAD GRATITUDE Be Thankful HAVE FUN

**hope**

FEEL LOVED MADE A PLAN ENCOURAGE LAUGH  
 HELP JOY SHARE SMILE ENTHUSIASM OPTIMISM  
 Someone JUST TRY GRATITUDE APPRECIATE BE HAPPY DO YOUR BEST  
 PROUD CREATE POSITIVE ATTITUDE SHOW PASSION  
 EXPECT THAT THE BEST WILL HAPPEN

**self-regulation**

Control CHOOSE ADVISED GOOD Made a  
 PRACTICED DID WHAT I SAID SOMEONE THOUGHTS DECISION  
 EXERCISE TOOK ACTION HARD WORK DID MY BEST  
 ORGANISED DISCIPLINED put in the effort USED MY WORDS WELL  
 Saved money

**creativity**

did something cultural READ A BOOK DOODLED BRAINSTORM THINK had a new  
 IMAGINATION INSPIRED MEDITATED ASKED A QUESTION idea today  
 ASKED "WHY?" SOMEONE SOLVED A EVALUATED INFO CREATE  
 USE MY STRENGTHS PROBLEM MADE SOMETHING DREW SOMETHING

**bravery**

ACCEPTED A CHALLENGE FORGIVE SOMEONE FAILED DARE COURAGE Forgave myself  
 HAD AN ADVENTURE TOOK ACTION = GROWTH FELT THE FEAR & MADE a  
 HELPED Someone TOLD the TRUTH DID IT ANYWAY MISTAKE  
 FINISHED SOMETHING STOOD UP FOR tried something NEW  
 DID WHAT I SAID I WOULD WHAT IS RIGHT said SORRY

**perseverance**

SOLVED A PROBLEM COPED WITH A DIFFICULTY DIDN'T GIVE UP Faced a  
 SHOWED MY DETERMINATION STRUGGLED WITH SOMETHING DILEMA  
 HAD A SETBACK OVERCAME an OBSTACLE GOT FRUSTRATED  
 DEALT WITH AN AWKWARD SITUATION Took on a CHALLENGE LEARNED Suffered a GROUND  
 FROM A MISTAKE HARDHIP IT OUT FAILED

## 6 POWER STRENGTHS OF RESILIENCE CHALLENGE REVIEW

*Looking back at your week, what are you most proud of?*

*What did you learn about yourself?*

*What specific action will you take to make next week even better?*

*Which POWER STRENGTH did you use the least during the last 6 days?*

*What action will you take to use this more next week?*

*Which POWER STRENGTH did you use the most?*

*Why do you think that is?*

*What's coming up next week?*

*What STRENGTHS will you need to call upon?*

*How will you use them?*