

Resiliency Worksheet

Date _____

Write three of the funniest things that you heard today:

- 1
- 2
- 3

Play: Set aside time to do activities you enjoy:

What will you do today? Check them off when you accomplish them:

Alone:

With others:

For personal meaning:

Cultivate contentment- Write five things that you are grateful for today!

- 1
- 2
- 3
- 4
- 5

Take five minutes to “practice” being in your happy place! My happy place is:

Change your negative thoughts:

Negative thought: •

- 1.

How I changed it:

- 2.

How I changed it:

- 3.

How I changed it:



A positive philosophy creates a positive life!

Remember try to avoid these joy snatchers:

Negative people, negative environments, comparing yourself to others, too much social media, avoiding nature, and negative thoughts.