

# 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:

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!

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

- 1
- 2
- 3
- 4
- 5

Remember try to avoid these joy snatchers:

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

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