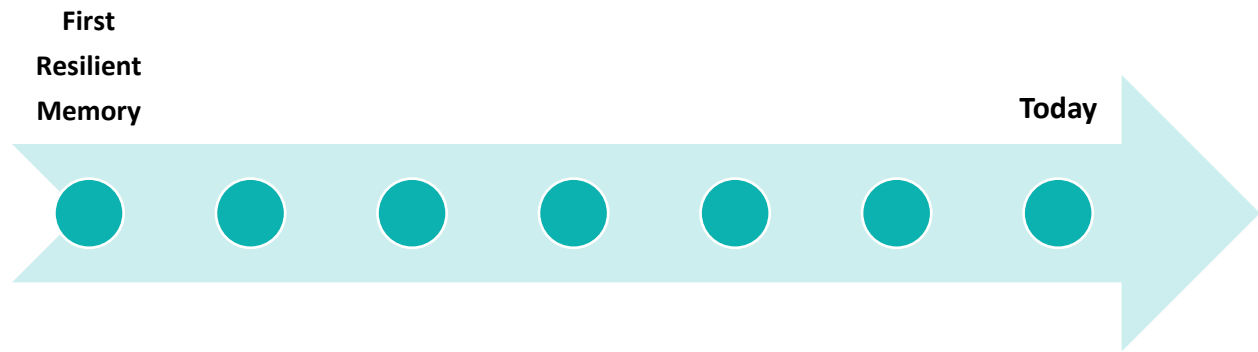


Resilience Autobiography Timeline



Insert picture of something that represents you and your Resilience here



Takeaway Exercise

Find a picture or item that represents your sources of inspiration when you are feeling overwhelmed. This is your reminder to draw on your resilience and strength. Reflect on the impact your resiliency has had in your life and how it was impacted by situations that occurred in your life.

