



HWH
G L O B A L



Resilience
WORKBOOK

The background of the cover is a photograph of a small green plant with purple flowers growing out of a crack in a concrete sidewalk. The lighting is bright, casting shadows on the concrete.

SKILLS YOU NEED TO
WALK THROUGH LIFE WITH
STRENGTH

- b) Do you tend to assume the worst? Write down one situation in which you thought the worst-case-scenario would happen, and it turned out to all be okay.

Emotion Regulation

3. Describe a time in the last three months when you had difficulty regulating your emotions. Did you snap at someone? Did you make an impulsive emotional decision? Did you just feel totally out of control of your feelings? Write about your situation here.

4. What is something positive that came out of a recent struggle you had in your life?

Taking Responsibility

5. Write down two emotions that you are feeling right now.

6. Whether they are positive or negative, retrace your steps and simply observe what happened that brought up these emotions. Remember not to criticize yourself. Get curious.

7. Do you currently owe anyone an apology? What happened? Imagine apologizing and receiving a positive response. How will you make this a reality?

Building Community

8. Take a moment to write about the connections in your life. What relationships are you grateful for?

9. What do you need more of in your life? What type of friends would help you grow and broaden your horizons even further?

Strengthen Your Relationship with Yourself

10. Describe your morning routine, step-by-step, below (EX: “wake up, brush teeth, eat breakfast, read the news”). Then, add what new things you would like to do to enhance your morning and the rest of your day.

11. Let’s take a look at the common critical-self-talk that goes around in your head. Fill out this table with two phrases you tell yourself on the left side, and two balancing affirmations on the right side.

| Critical Phrase | Affirmation |
|-----------------|-------------|
|-----------------|-------------|

| | |
|--|---|
| "I will never be a good public speaker." | "I am learning so much about public speaking. Soon, I will be a pro." |
| | |
| | |

Get Exercise

12. How frequently do you exercise? What do you do to exercise? Even if you simply walk up the stairs at work once a week, think about ways in which you get your body moving.

13. What is something new you would like to try in order to expand your physical health?

Challenge Yourself

14. What is one goal you have that you would like to complete in the next seven days? How will you set yourself up for success to achieve this?

15. Now is the time to begin developing your values. Look at the list of values below (or fill in your own), and choose two that you most connect to at this time. These do not have to be permanent values, this is simply practice.

| | | |
|--------------|------------|---------|
| Community | Adventure | Travel |
| Family | Respect | Honesty |
| Spirituality | Creativity | Health |
| | | |

16. Once you have chosen two values, imagine what you are doing when you practice these values. What actions demonstrate your commitment to each of these values?