

Resilience Timeline Exercise

On a blank sheet of paper, draw a line that captures the experience of your developing resilience, the ups and downs in your life.

Go back as far in your life as you wish.

On the line mark:

1. Significant life events that impacted on your resilience e.g. death, job loss, change of role, relationship issues
2. Other events which you know impacted on you –these may look small to others, but you found them difficult e.g. feedback from a colleague or client, losing a contract, the end of a friendship.
3. Events where you **could have** lost resilience **but did not**.
4. What were the strategies you used to get you through?

In the module you will have a chance to reflect on

- How have you developed your resilience?
- What qualities and capacities have you acquired which help your resilience?
- Learning that you have taken from setbacks and which you use in your life.
- What differentiates those situations where you stayed strong and those which caused resilience wobble?
- When you lose resilience how do you know?