



## How to use this tool

Reflect on your own resilience role model. What about them inspires you? Identify a few of their key traits. Next, consider a current challenge. Imagine seeking their counsel. What wisdom might they share? How could their supportive perspective empower you to face this hurdle?

## Your turn

Please share a bit about your resilience role model. Describe them briefly, list a few traits that stand out, and reflect on how this exercise affects you. This isn't just about appreciating others' strengths; it's about reconnecting with our own resilience to navigate life's challenges, for ourselves and those around us.