



COMMUNITY RESILIENCE BUILDER PROGRAM

Exploring Resilience

Reflect on the following questions:

What experience in your past challenged you in a way that forced you to be resilient?

What experience did someone close to you have that challenged them in a way that they had to be resilient?

What factors supported your resilience?

What belief did you have that helped you be resilient?

What would it have made hard to be resilient?

What factors do you see in your community that impact the well-being of people around you?

What factors contribute to their resilience? What is missing?
