



Resiliency

Bullet Journal



Resiliency is the ability to find your inner strength and bounce back when things are tough.

Grow Your Powers of Resiliency!



BEGIN WITH YOURSELF

You have more control than you think. Practice habits that make you more resilient.

Practice Habits

Choose two of these habits:

- Drink more water
- Make your bed
- Finish your homework
- Exercise for 30 minutes
- Eat more fruits and veggies

Color in a circle each day you practice this habit. Focus on trying your best, not on being perfect. Keeping track will help you see that you did it some of the time.

HABIT #1: _____

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MOOD TRACKER

M T W T F S S

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KEY: 😊 😐 😞 😡 😱

What does your mood say about you?

- Customize the Mood Tracker key with a different color for each emotion. Then, track your mood and look for patterns!

EXPECT THE UNEXPECTED

You might not always know what's going to happen, but you can be prepared to be flexible.

MAKE CONNECTIONS

We all need other people to support us and to spend time with. Think of ways you can connect with family and friends.

Ways I Connect
with Friends

1. _____
2. _____
3. _____
4. _____

Write about a time you bounced back from a tough situation. What happened?

SET GOALS

Your dreams and goals are always bigger than any roadblocks! Write down your goals and then break them down into smaller steps. Share your goals with a friend.

Write about something you're proud to have accomplished.

Make a Change

List 2 things you'd like to change in your life.

1. _____

2. _____

TAKE CONTROL

It's YOUR choice! You may not be able to control what happens around you, but you can choose how you react and what actions you take next.