

## A Resilience Roadmap for your Teen - A Teen's Journey to Building Resilience



### Instructions:

Ask your teen to complete the following exercises to help strengthen their resilience and develop the skills needed to navigate life's challenges and setbacks.

### Exercise 1: Developing a Growth Mindset

Reflect on a recent setback or challenge you faced. Answer the following questions:

1. What was the setback or challenge you encountered?

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2. How did you initially react to it? Did you feel discouraged or motivated?

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3. How can you reframe this setback as an opportunity for growth and learning?

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4. What steps can you take to develop a growth mindset and approach future challenges with resilience?

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**Exercise 2: Building a Supportive Network**

Identify three people in your life who can provide emotional support and guidance during challenging times. Answer the following questions:

1. Who are the three individuals you can rely on for support?

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2. How can you strengthen your connection with each of them?

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3. How can you communicate openly with them and seek their advice when needed?

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4. What steps can you take to build a supportive network that will help foster your resilience?

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**Exercise 3: Setting Realistic Goals**

Think about a larger goal you wish to achieve. Break it down into smaller, manageable tasks. Answer the following questions:

1. What is your larger goal?

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2. What are three smaller, achievable tasks you can identify to work towards your goal?

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3. How can you measure your progress and celebrate small victories along the way?

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4. What steps can you take to ensure you stay focused and motivated on your journey?

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**Exercise 4: Practicing Self-Care**

Consider activities that promote your physical and mental well-being. Answer the following questions:

1. What are three self-care activities that you enjoy or would like to try?

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2. How can you incorporate these activities into your daily or weekly routine?

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3. How will these activities benefit your overall well-being and help you manage stress effectively?

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4. What steps can you take to prioritize self-care and make it a regular practice?

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**Exercise 5: Developing Problem-Solving Skills**

Think about a current challenge or problem you are facing. Answer the following questions:

1. What is the challenge or problem you need to tackle?

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2. Brainstorm three potential solutions to address this challenge.

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3. Evaluate the pros and cons of each solution.

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4. Which solution seems most viable? How can you implement it effectively?

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**Exercise 6: Embracing Failure as a Learning Opportunity**

Reflect on a recent failure or setback. Answer the following questions:

1. What was the failure or setback you experienced?

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2. What lessons did you learn from this experience?

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3. How can you apply these lessons to future endeavors?

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4. What steps can you take to overcome the fear of failure and view it as an opportunity for growth?

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**Exercise 7: Practicing Positive Self-Talk**

Reflect on your self-talk habits and how they impact your resilience. Answer the following questions:

1. Are you prone to negative self-talk? If so, in what situations?

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2. How can you challenge negative thoughts and replace them with positive ones?

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3. Identify three affirmations or empowering statements that resonate with you.

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4. How can you incorporate these positive self-talk practices into your daily life?

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Building resilience is an ongoing process that requires self-reflection, practice, and perseverance. Use this worksheet to explore various aspects of resilience and develop strategies to strengthen your ability to bounce back from challenges. Remember, resilience is not about avoiding struggles, but rather about developing the skills and mindset to overcome them, emerge stronger, and reach your full potential.