

This workbook is a tool to help you navigate through challenges and build a more resilient self. Remember, each step forward is a testament to your strength and courage. You have the power to thrive in the face of adversity

Renewed Resilience Coaching

Thriving in the face of adversity

Workbook

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Thriving through adversity worksheet

Worksheet 1 -Personal strength inventory

	Strength	Example of use
1		
2		
3		
4		
5		
6		
7		

Worksheet 2 – Goal setting

Challenge	Steps to overcome	Timeline

Worksheet 3 – Gratitude journal

Date	Things I'm grateful for

Worksheet 4 -Self care plan

Self-care activity	Frequency	Notes

Worksheet 5-Action Plan

Goals	Steps to Achieve	Timeline