

Module 3: Cultivate Resilience Daily

Instructions

Part of resilience is being able to find the silver lining in seemingly tough situations or challenges. Much like a muscle, this ability can be strengthened through consistent practice. You may have heard of daily gratitude journaling – writing down a few things you’re grateful for. This same idea can be applied to resilience.

Take some time to think about challenges you’ve experienced in the past few days. They don’t need to be major life challenges – small annoyances or bumps in the road work just as well for this activity. In fact, they’re probably a helpful place to start.

Once you’ve come up with a few challenges, think about anything that those challenges might have taught you. What lessons did they offer? If nothing comes to mind, consider other possible silver linings. You might even start with how it could have been worse! Sometimes, that’s the easiest entry point.

This activity is a great way to strengthen your resilience muscle! The more you practice, the easier it will be to see positives in tough situations.

Reflect

Reflect on the following —

1. How did it feel to look for the silver linings in your daily life?
2. Did any silver linings surprise you? Why?
3. What is one way you can remind yourself to look for the positives in life’s challenges?

