



Resilience is not built by avoiding challenges—it is built by the meaning we create from them. The conversations we have with ourselves during difficult moments shape how we experience life, navigate adversity, and ultimately grow from our experiences.

The following questions help me shift my perspective, uncover deeper truths, and find the wisdom hidden within life's challenges. Choose one or two that resonate with you and journal through them in relation to your current situation.

- What am I telling myself this means? What else could it mean?
- What is asking to be seen, or no longer repeated, here?
- What does this have to do with me? What does it *not* have to do with me?
- What are the facts of the situation, and what am I adding to those facts?
- What do I actually know, what do I actually feel and what do I actually want to say?
- Does this actually require my attention? Do I choose to give it my attention?
- Am I responding to what is actually happening, or to what I fear might happen?
- Is my worth being challenged here, or is a circumstance simply unfolding?
- In what way could this be perfect?
- What am I assuming, inferring, or filling in that I do not actually know?
- What am I feeling? What story am I attaching to that feeling?
- What would I see if I removed the need for this situation to mean anything about me?
- What am I resisting, and what might happen if I stopped resisting it?
- What positive possibility, opportunity, or gift might be hidden within this experience?
- What would this situation look like if I viewed it through curiosity rather than fear?
- What emotions need to be acknowledged, expressed or moved in order to settle?
- What would trust look like right now, in this situation?
- Do I have the capacity for this? If I do, do I genuinely want to participate?