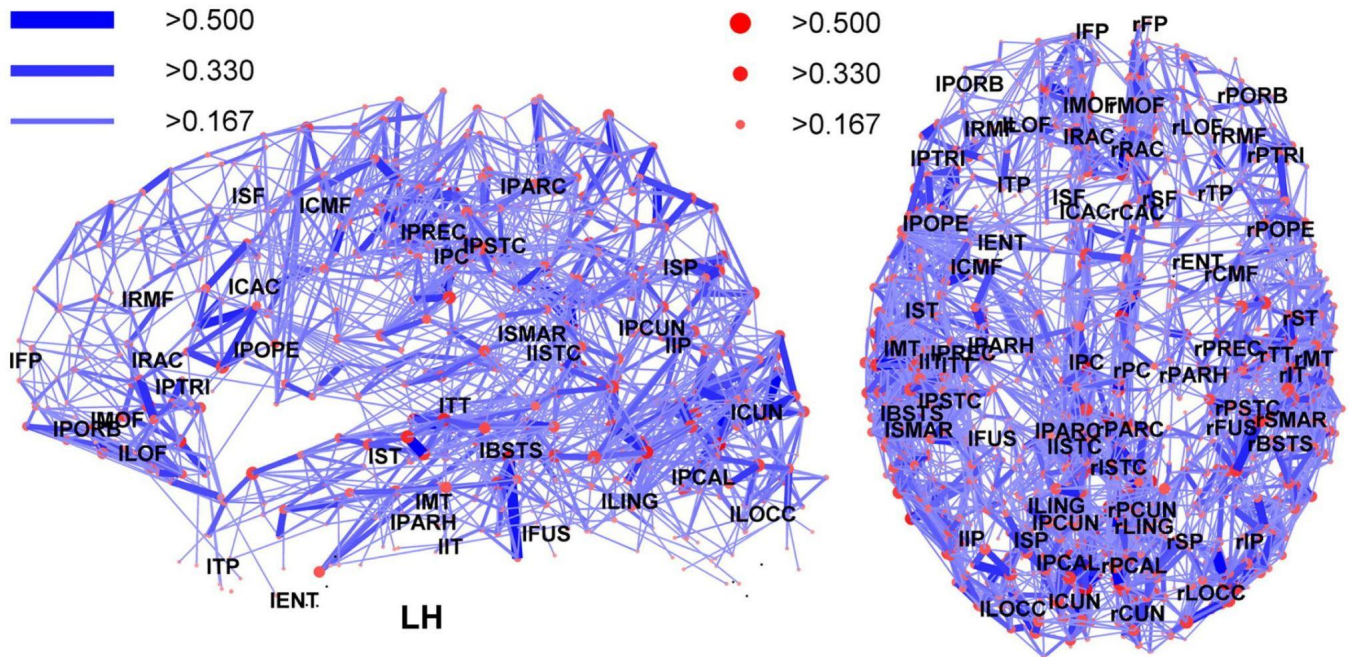


# A Map of Resilience

We can reflect on our own practice of resilience in order to weather times of struggle.  
We can identify our networks of resilience in order to support ourselves and others.



1. Draw 3 circles horizontally across your page.
2. Within each circle, write a moment or obstacle from the past. A moment or obstacle that, at the time, seemed insurmountable.
3. Now, draw lines sprouting from the circle in response to the following questions:
  - How did you get through the obstacle?
  - What tools did you rely on?
  - What people did you rely on?
4. Reflect on your map of resilience.
  - What makes you most proud?
  - Where might you strengthen your practice?