

Presented by BU Happiness College

# Resilience 101

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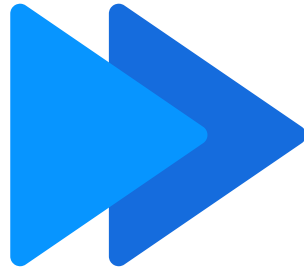






"I can be changed by what happens to me.  
But I refuse to be reduced by it."  
- **Maya Angelou**

# Defining Resilience



A \_\_\_\_\_

D \_\_\_\_\_

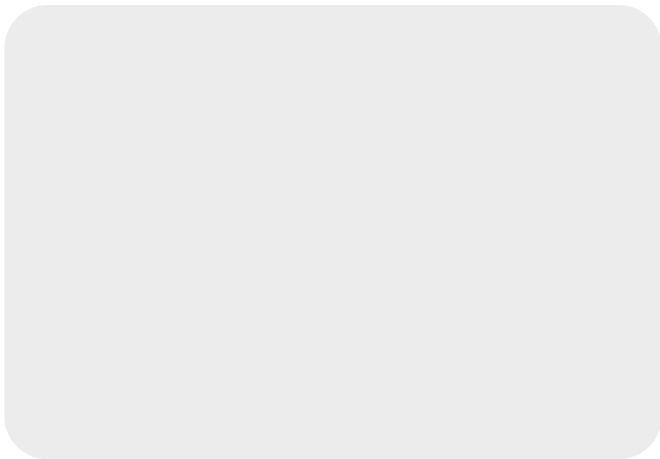
A \_\_\_\_\_

## Notes

# Vision

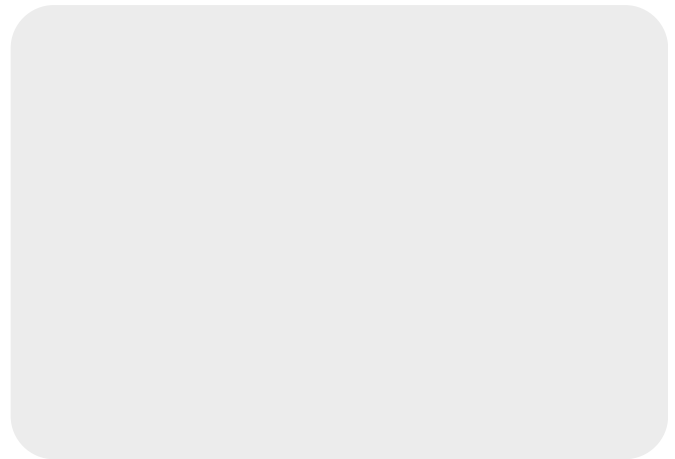
I know my purpose

- 1
- 2
- 3
- 4
- 5



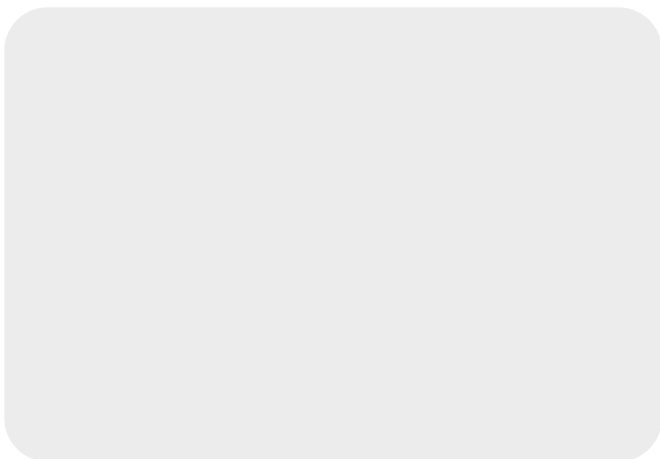
I set meaningful goals

- 1
- 2
- 3
- 4
- 5



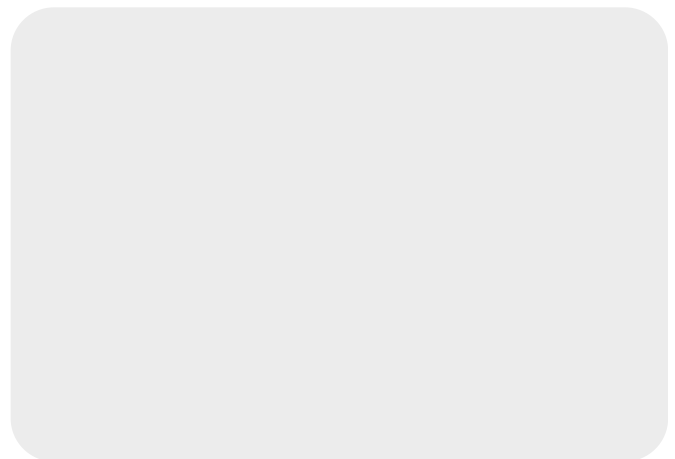
I prioritise my goals

- 1
- 2
- 3
- 4
- 5



I understand my needs

- 1
- 2
- 3
- 4
- 5





# Composure

I can label  
my emotions

- 1
- 2
- 3
- 4
- 5

I know calm  
breathing

- 1
- 2
- 3
- 4
- 5

I know  
reappraisal

- 1
- 2
- 3
- 4
- 5

I practice  
mindfulness

- 1
- 2
- 3
- 4
- 5

# Reasoning

**I anticipate  
challenges**

- 1
- 2
- 3
- 4
- 5

**I am  
resourceful**

- 1
- 2
- 3
- 4
- 5

**I challenge  
my beliefs**

- 1
- 2
- 3
- 4
- 5

**I embrace  
change**

- 1
- 2
- 3
- 4
- 5



# Health

I know my  
health goals

1

2

3

4

5

I get  
quality sleep

1

2

3

4

5

I exercise  
regularly

1

2

3

4

5

I regularly eat  
healthy foods

1

2

3

4

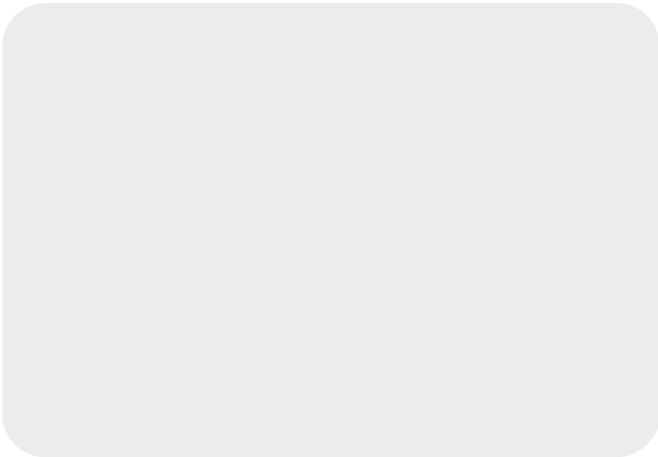
5



# Tenacity

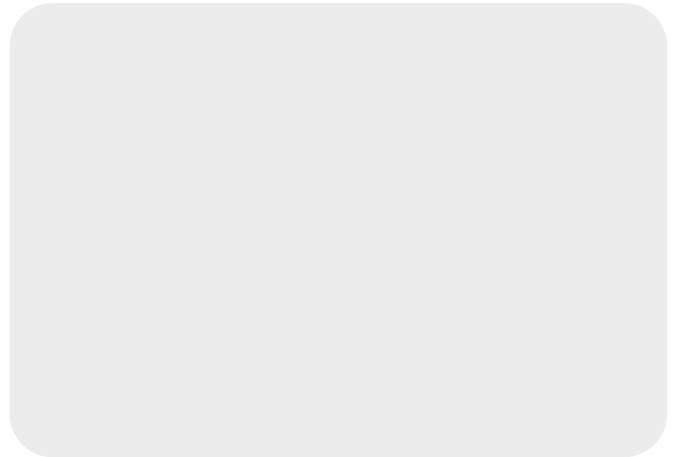
I motivate myself

- 1
- 2
- 3
- 4
- 5



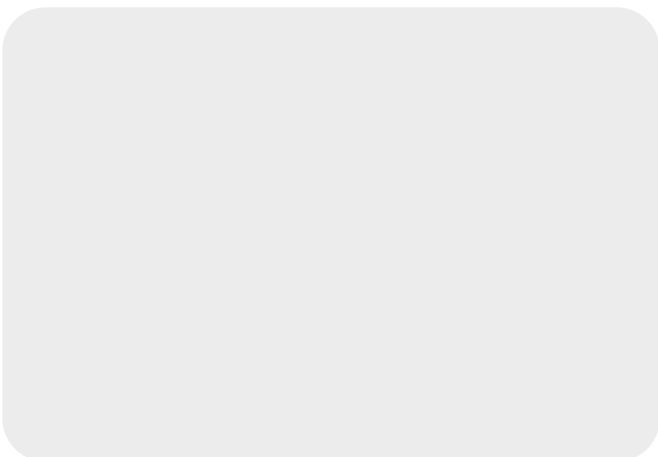
I have realistic optimism

- 1
- 2
- 3
- 4
- 5



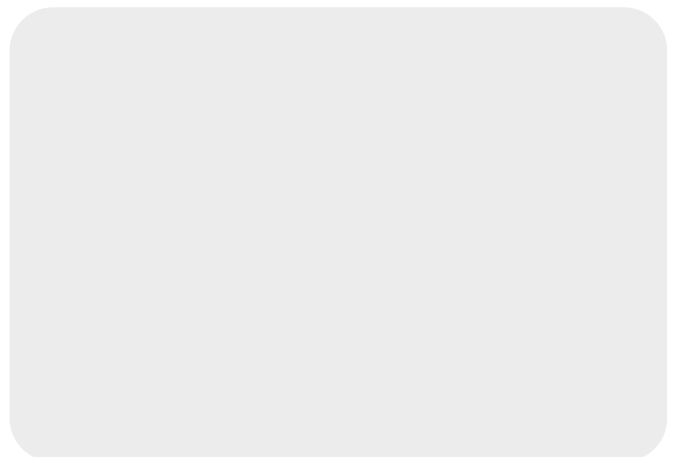
I learn from mistakes

- 1
- 2
- 3
- 4
- 5



I'm good at time management

- 1
- 2
- 3
- 4
- 5





# Collaboration

I invest in relationships

- 1
- 2
- 3
- 4
- 5

I'm good at communication

- 1
- 2
- 3
- 4
- 5

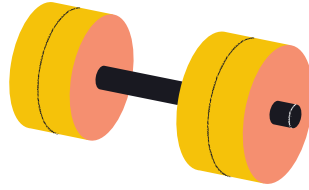
I inspire trust & likeability

- 1
- 2
- 3
- 4
- 5

I have a mentor to learn from

- 1
- 2
- 3
- 4
- 5

# Active Strength



Identify your Active Strength domain:

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How did this become a strength?

What would you do with this strength if it became stronger?

# Action Plan



Focus domain:

---

**Where are you now?**

**Where would you like to be?**

**What actions can help you achieve this?**

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...