



Role Models

One effective way to increase resilience is by gaining exposure to positive role models. Answer the following questions regarding your Resiliency Role Model.

Who is your role model for resiliency?

What is it that you admire about this person? Think about the way he/she approaches problems, his/her belief systems, emotional reactions to stress, impressive behaviors, etc.

Which of the nine resiliency skills does your role model have? How does he/she demonstrate each of these skills?



Pick one of your biggest stressors. Describe how your role model would handle this stressor.

How will you incorporate similar behaviors into your life?
