

Resilience Tree

Write down on the treetop some attitudes, activities and thoughts that help you to keep going.

List next to the trunk responses to difficulty that will help you to be flexible so that you can stay resilient and responsive.

Write on the leaves habits, attitudes, thoughts and ways of responding that it would now be helpful to let go if possible.

Roots may not be visible but they keep us grounded and connected. Our roots can be people we care about and also qualities that we still value in ourselves even when things have changed such as being a good listener. Who and what helps to keep you grounded and connected?