

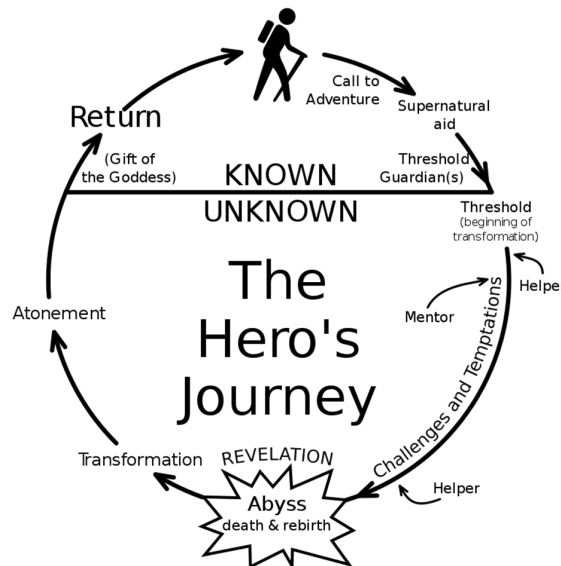


THE CENTER FOR
Clarity, Compassion & Contentment

find your center

Resilience Worksheet

1. What is your story? Our lives are a “hero’s journey” complete with triumphs and tragedies, pain and gain. Look at the diagram below, reflecting Joseph Campbell’s Hero’s Journey model and apply it to your own life.



2. Who are your helpers along your life’s journey? Perhaps they have been people in your life already or entered your life for a reason or season, at just the right time.
3. In what ways have you emerged from difficult situations in the past changed for the better?
4. Set some time aside to read a memoir of someone who has turned their pain into purpose. Connect with your common humanity. In what ways are they just like you?
5. This year has been particularly challenging. Examine any potential new paths forward that might exist for you. What are the lessons? What is the path forward?

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