



<p>7</p>	<p>What is one area of your life where you could concentrate on developing resiliency?</p>	<p>8</p>	<p>How can resiliency help you?</p>
<p>6</p>	<p>What are some things that might have seemed hard at first but feel easy to you now?</p>	<p>1</p>	<p>What is a goal you have?</p>
<p>5</p>	<p>Are you more or less resilient than you were last year?</p>	<p>2</p>	<p>What can you do to develop resiliency in trying to reach your goal?</p>
<p>4</p>	<p>What great challenges have you faced and what did you do to overcome them?</p>	<p>3</p>	<p>Why is it important to practice a skill like resiliency?</p>