

# WHEN HAVE YOU SHOWN RESILIENCE, AS A PERSON, ATHLETE AND PERFORMER?

## 1. YOUR PERSONAL HIGHLIGHT REEL:

What are some of the things in your life you are proud of? Use the space below to add photos and stories.

## 2. CIRCLE THE HIGHLIGHTS THAT INVOLVED A CHALLENGE YOU HAD TO OVERCOME.

## 3. LIST BELOW WHAT YOU DID TO OVERCOME THEM?

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Which ones of these can you build upon to use again in the future?

