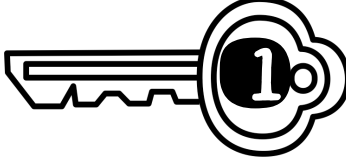


RESILIENCE: Resilience is the ability to bounce back quickly after experiencing disappointment or experiencing a crisis.

5 KEYS TO RESILIENCY

 1. Think Positively

 2. Focus On What You Can Control

 3. Know What's Important

 4. Know What You're Good At

 5. Surround Yourself With Things That Matter

Something that I am really good at is:

Someone I can talk to when things are rough is:

Something that is disappointing to me is:

Something I am looking forward to is:

Something positive I can tell myself is: