

RESILIENCE BUILDING TIMELINE

Mapping growth through adversity

THE CHALLENGE

Notes on initial obstacle...

DATE ____ / ____ / ____

THE RESPONSE

Immediate actions taken...

ADAPTATION PERIOD Week _____

KEY LEARNING

Internal shifts & insights...

GROWTH MILESTONE Month _____

INTEGRATION

How this strengthens future self...

NEW BASELINE Final Assessment

CORE STRENGTHS DISCOVERED

FUTURE STRATEGY

"Fall seven times, stand up eight."