

Rock Bottom Resilience #5

Look at the characteristics of someone with Rock Bottom Resilience written below. Put a star next to the characteristics you feel you are strong in, and circle the characteristics you'd like to work on developing. Make a plan for how you will try to develop those characteristics.

1. You flip the switch at your lowest point.
2. You combat hopelessness.
3. You believe in your ability to change your circumstances.
4. You know that losing in the past doesn't mean you'll lose in the future.
5. You believe in unforeseen options.

