

# RESILIENCE BUILDER

Throughout Years 9 and 10 you have had to build your skills in preparation for Years 11 and 12. With a friend brainstorm ten challenging situations you will need to overcome to inspire your best possible self to shine in the senior years. Who could you ask to assist you for each of them and what emotions could you feel?

1	2	3	4	5
6	7	8	9	10

