Journal Prompt: Resilience

Journal about a time you were resilient. How did you work through that challenge? Did you recruit help from others? What steps, if any, did you take to work through it?

Choose things that you find to be the most significant difficult emotional experience you have faced at work and resolved. Choose one that is at least 6 weeks in the past. Describe what happened, how you resolved it, and how you feel about it now. Express your deepest thoughts and feelings.