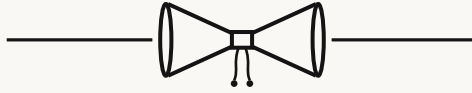


# Resilience Mapping

*A reflection exercise*



Life's unpredictability is not a flaw. It is what makes life beautiful, and it is where resilience is built. This exercise helps you look at a present struggle through the lens of who you are becoming.

## How to use this

Find a quiet 20 minutes. Write by hand if you can. There are no right answers, only honest ones. Come back to your answers in a few weeks and notice what has shifted.

## Before you begin: look back

*Think of a time you believed life was impossibly hard. You got through it.*

### a. What was that difficult time?

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### b. What did it teach you, and how did it change you?

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### c. What strength did you discover that you didn't have before?

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# Now, your present challenge

*Apply that same lens to what you're facing today.*

## 1. What am I struggling with right now?

*Name it plainly, as you'd describe it to a trusted friend.*

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## 2. What could this struggle teach me?

*If this were happening for my growth, what lesson would it hold?*

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## 3. What's the gap? What do I need to overcome this challenge?

*A skill, a habit, support from someone, a change in perspective.*

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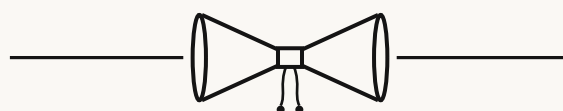
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## Two years from now

*Close your eyes for a moment. Imagine yourself two years ahead, having moved through this.*

### 4. What does my life look like, having moved through this?

*Where am I? What does an ordinary day feel like?*

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### 5. How have I changed? What did I learn? Who have I become?

*Write as your future self, looking back at today.*

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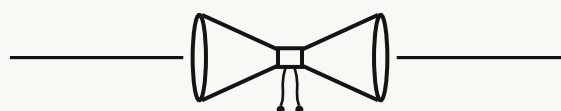
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*You have done this before. You can do it again.*

If you'd like support working through what came up, reach out to me on Instagram.



@debopomsanyal