

Past Resilience Explorer - Mine Your Victories for Future Wins



"Look back to gear up. 'We glory in our sufferings, because suffering produces perseverance'"
(Romans 5:3).

*****Tools from trenches to triumph – for young adults building grit today."

What this activity is for

This activity helps you look at one hard thing you've already survived so you can see how God, your choices, and your strengths got you through it. Then you'll use those same strengths on a challenge you're facing today.

How to use this worksheet

Step 1: Remember a past hard/difficult time in your life

In Part 1, you will write about one specific adversity you've gone through (for example: a breakup, a deployment, losing a job, family conflict, or serious illness).

- Describe what happened and when.
- Write down what you were feeling at the time.
- List who or what helped you (people, faith, routines, habits).
- Describe what you did that actually helped you get through it (your strategies).
- Write any lessons you learned or ways you saw God at work.

Step 2: Notice your strengths

In Part 2, you will **look back at what you wrote** and **circle the strengths** you used in that season (for example: faith/prayer, friends/family, physical action, journaling, reframing thoughts, perseverance).

- You can also add your own words if you see other strengths.
- The point here is: *You've already done hard things before. This is proof.*

Step 3: Apply those strengths to today

In Part 3, you will **choose one current challenge** (something real that is bothering you right now).

- Write down that current challenge.
- Then write **how you can use the same strengths** you circled in Part 2 to face this new challenge. For example: "Last time I started walking and praying every day. I can do that again this week."
- Finally, you'll write a simple **commitment sentence** and sign it. This is you choosing your response, even if you can't control the outcome.

Step 4: Review in 7 days

After one week, come back to this page and quickly review:

- Which strengths did you actually use?
- What difference did it make?
- What do you want to keep doing?

Coaching tip: This activity is about connecting the dots. You are not starting from zero. You already have resilience history with God. This worksheet shows you how to reuse those same tools on today's battles.

Worksheet :

Part 1: Recall & Map

Challenge: _____ (When/What happened?)

What I felt: _____

Supports used (people, faith, routines): _____

Strategies that helped (e.g., prayer, talk it out, small steps):

Lessons learned (God's hand in it?): _____

Part 2: Strengths Inventory (Circle or note 3-5)

Faith/Prayer | Friends/Family | Physical Action | Journaling | Reframing Thoughts | Perseverance
Push

Part 3: Bridge to Today

Current challenge: _____

How past strengths apply:

Commitment:

"I choose to apply these this week." Signature: _____ Date:

Footer: Fuel your grit journey – join my email list for weekly reflection prompts at grittygritgrit.com.