

# Personal Growth in Uncertain Times – Reflection & Strategy Worksheet

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*Use this worksheet to reflect on your current mindset, build emotional resilience, and plan intentional actions that help you thrive through change.*

## 1. Reflect on Recent Challenges

Think about a recent situation where you faced uncertainty or a significant change. Answer the following questions:

- What happened?
- How did you feel?
- How did you respond?
- What did you learn from the experience?

## 2. Clarify Your Core Values

Knowing your values helps guide decisions in times of uncertainty.

- List 3 values that are most important to you:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

- How do these values influence the way you respond to change?

## 3. Identify a Learning Goal

Lifelong learning supports adaptability. Define one area where you'd like to grow:

- What skill or knowledge do you want to develop?
- Why is this important to you?
- What's one step you can take this week to begin?

#### 4. Build Resilience Habits

Choose one simple habit to strengthen your emotional resilience (e.g., journaling, walking, meditation, gratitude):

- My habit: \_\_\_\_\_
- How often will I practice it? \_\_\_\_\_
- How will I track my progress? \_\_\_\_\_

#### 5. Affirmation and Encouragement

Write a short affirmation or motivational message to remind yourself of your strength during uncertainty:

“ \_\_\_\_\_ ”