

Resilience: Understanding Your Journey

Learning Objectives:

- Reflect on your life journey
- Naming the moments when that have had a large impact on who you are

We have been leading all of these years whether we know it or not. We have valuable personal leadership experience. Our experiences often shape who we are. Identifying these things will allow us to explore how we have developed our values and beliefs. For example, you failed your first chemistry exam. Based on that, you learned that you needed to adjust your study habits to help you continue to be successful in your program. Maybe you received your first research position and received high praise from your supervisor about the lab cleanliness and learned you are great at organizing.



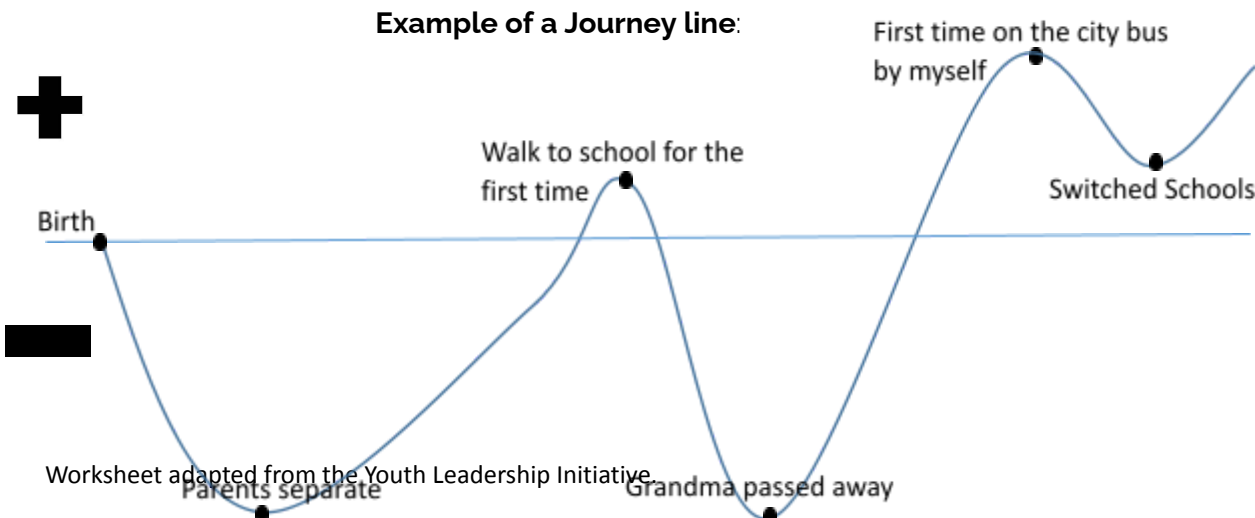
Exercise: Journey Line

To create your journey line, **you want to look at your life and the significant events that occurred.** Often it helps to think about what impactful things have happened in your life. **Write down those events and then identify what you learned.**

Key Experiences	What was the lesson learned? What skills and/or knowledge did you gain?
Ex: First time on the city bus by myself	I learned how to navigate the city, time management, and to be responsible

After coming up with 6-10 events and beliefs, you want to have a little fun and actually **draw our journey line.**

Example of a Journey line:



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Now draw your own journey line using the points you mentioned above. Think about where it fits in your life and please know sometimes and experience is not clear cut.



Reflection:

1. Look at your key experiences and what you have learned. Think about how those skills and lessons have been used in different spaces.
2. What does being resilient mean to you?
3. We are defining resilience as "recovering after a setback, for both one's well-being and success, and to increase capacity to face stress, challenges, and adversity in the future." Do you agree? Explain.