

Examples of Resilience

Drawing on other examples of resilience can often inspire us to get through our own tough times. Think about an inspiring movie, book or a true story (maybe even of someone who you know) where the protagonist showed determination and resilience that helped them to succeed, despite the difficulties and adversity that they endured.

This is a movie/story about...	
The adversity that they faced was...	
What helped them get through it was...	
Which led to (outcome/ending)...	

