

ROOTED IN RESILIENCE

A reflection workbook

A personal toolkit to strengthen mindset, adaptability and professional resilience.

How to use this workbook

This interactive workbook is designed to help you reflect on your strengths, identify areas for growth, and build habits that support resilience in your professional life. Work through each section at your own pace. Return to the prompts regularly to notice patterns, progress, and new insights.

Mindset and attitudes

Self check

- What beliefs guide how I approach challenges in my work?
- Do I tend to see setbacks as temporary or defining?
- When faced with difficulty, do I look for root causes, opportunities, or someone to blame?

Reflection prompts

- Describe a recent challenge that stretched you most. What did you learn about yourself?
- When did you last surprise yourself with your own capability?
- What mindset do I want to strengthen over the next month?

Openness to change

Self check

- How do I typically respond to change - curiosity, anxiety, resistance, motivation?
- Do I wait for change to be imposed, or do I actively look for ways to adapt?

Reflection prompts

- When have I shifted from reacting to proactively shaping an outcome?
- What's one change I initially resisted but now recognise as beneficial?

Identifying opportunities

Self check

- Am I able to spot opportunities even in difficult situations?
- Do I feel confident suggesting new ideas, or do I hold back?

Reflection prompts

- Describe a moment when a setback revealed a new opportunity.
- What untapped strengths or resources could I draw on more often?



Learning and growth

Self check

- When things go wrong, do I analyse what happened and why?
- Do I actively seek feedback? How do I tend to respond when I receive it?

Reflection prompts

- What skill have I strengthened most in the past year?
- What did a difficult mistake teach me?
- What is one area of knowledge or practice I would like to develop next?

Supporting others

Self check

- Do my colleagues feel able to approach me for support?
- How do I contribute to psychological safety in my team?

Reflection prompts

- When did I last help someone regain confidence or navigate a challenge?
- What can I do to model resilience for others?

Weekly action plan

Each week, commit to one small, practical action to strengthen your resilience.

This week's intention

I will...

Build openness to change by:	
Strengthen my mindset by:	
Look for opportunities by:	
Support others by:	
Commit to my growth by:	

End of week reflection

- What did I notice about my reactions, mindset, or energy levels?
- What worked well? What was harder than expected?
- What's one thing I want to carry forward into next week?

Monthly review

Progress check in

- What resilience habits have I strengthened this month?
- What themes have emerged from my reflections?
- Where am I seeing progress in confidence, adaptability or leadership?
- What do I want to focus on next month?

Personal resilience statement

Write a brief statement capturing what resilience means to you and how you intend to live it in your daily practice.

My resilience commitment:



Resilience is not about being unaffected – it's about being resourceful, reflective and ready to learn. The strongest professionals are those who grow through change, not just endure it.

Use this workbook as a companion on that journey.



ROOTED IN RESILIENCE

Click [here](#) for more information on Rooted in Resilience.