



Empowering the Iowa Girl

Leadership. Culture. Character. Performance.

RECIPE FOR RESILIENCE: PREPARATION

What is your greatest accomplishment?

What significant adversity, failure, or difficult situation have you overcome?

What have you learned about resilience from the accomplishment shared above?

What have you learned about resilience from the adversities you overcame that you shared above?



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RECIPE FOR RESILIENCE CARD

Create your Recipe for Resilience below. Identify the difficult moments (**the ingredients**) and the proper response needed to build resilience (**mixing instructions**).