



# Living Life LOUD

## Month 2, Week 1 Homework

Resilience, more than anything, is about BEING CURIOUS when we hit an obstacle. Use the form below to examine some of the obstacles you are encountering.

MY GOALS FOR NOVEMBER:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What is an obstacle you encountered this week?

Was it internal, external, or situational?

Who else was involved?

How did you first discover it was an obstacle?

What physical sensations did you notice?

How did you initially respond?

In a perfect world, how WOULD you respond to this obstacle?

What could you do to move yourself more toward your ideal response? (Who would you need to be? What resources would you need to have? What skills would you need to develop?)

How could you address this obstacle? (List as many ideas as possible!)

What did you learn from this situation?

If “nothing is wasted,” what is the lesson, takeaway, or moral of this story?

