

# MINING FOR PERSONAL RESOURCES

1

Think about a time in the past when you managed to overcome a difficult situation.

2

Use the questions here to consider the resources you drew upon.

a single **step**  
counselling & coaching

## SUPPORTIVE PEOPLE

Who are the people who you reached out to or who reached out to you, to provide support?

## POSITIVE ACTIONS

Supported by people, strategies and values, what positive steps did you take to move forward?

## PERSONAL VALUES

What values helped you through? E.g.  
*honesty & integrity*  
*care & compassion*  
*relaxation & fun*  
*strength & resilience*  
*self-awareness & mindfulness*  
*curiosity & learning*  
*calm & balance*

## PAST CHALLENGING SITUATION

Identify a challenging situation you faced

## HELPFUL STRATEGIES

What strategies helped? E.g.  
meditation or yoga  
watching to less TV / social media  
healthy eating & sleeping  
connecting with loved ones  
taking regular exercise  
reading good book  
spending time in nature  
a shower or bath

# MINING FOR PERSONAL RESOURCES

- 1 Think about a current or future personal challenge.
- 2 Use the questions from page 1 to consider the resources you will draw upon, to move forward.
- 3 place the completed worksheet somewhere visible as a daily reminder of the resources available to you

