

Resilience Brainstorm

Flexible/durable/adaptable

Handling changes
Bend instead of break
Not feeling free
Ability to rebuild
Pushing to success
Pursuit of a goal
Standing up to difficult circumstances
Defining changes
Learning from mistakes
Enduring and growing

Supportive

When you give people something to believe in
Facing fears/challenges
Changing ways of life
A believer

Perseverance/inner strength

Transformation
Learning
Strong
Thick skinned
Ability to recover
Being able to cope
You will keep trying
Believe in yourself
Determined
Courage to complete a task

Examples of strength and toughness

Adaptable
Evolution
Withstanding the test of time
Coyote
Deer
Starfish
Indestructible
Soldiers

Firefighters

Help out and give support

Emergency personnel

Reliability

Survival

Open-mindedness

Open to new ideas

Develop new tactics

Being able to take criticism

Don't be afraid of doing something new

Durable

A tree

Rubber band

Flexibility

Overcome

Ingenuity

Progress

My truck

Adaptation/resurrection

Getting stronger

Don't give up

Sustain

Immunity

Bounce back

Never give up

Surviving through crisis