

RESILIENCE TREE

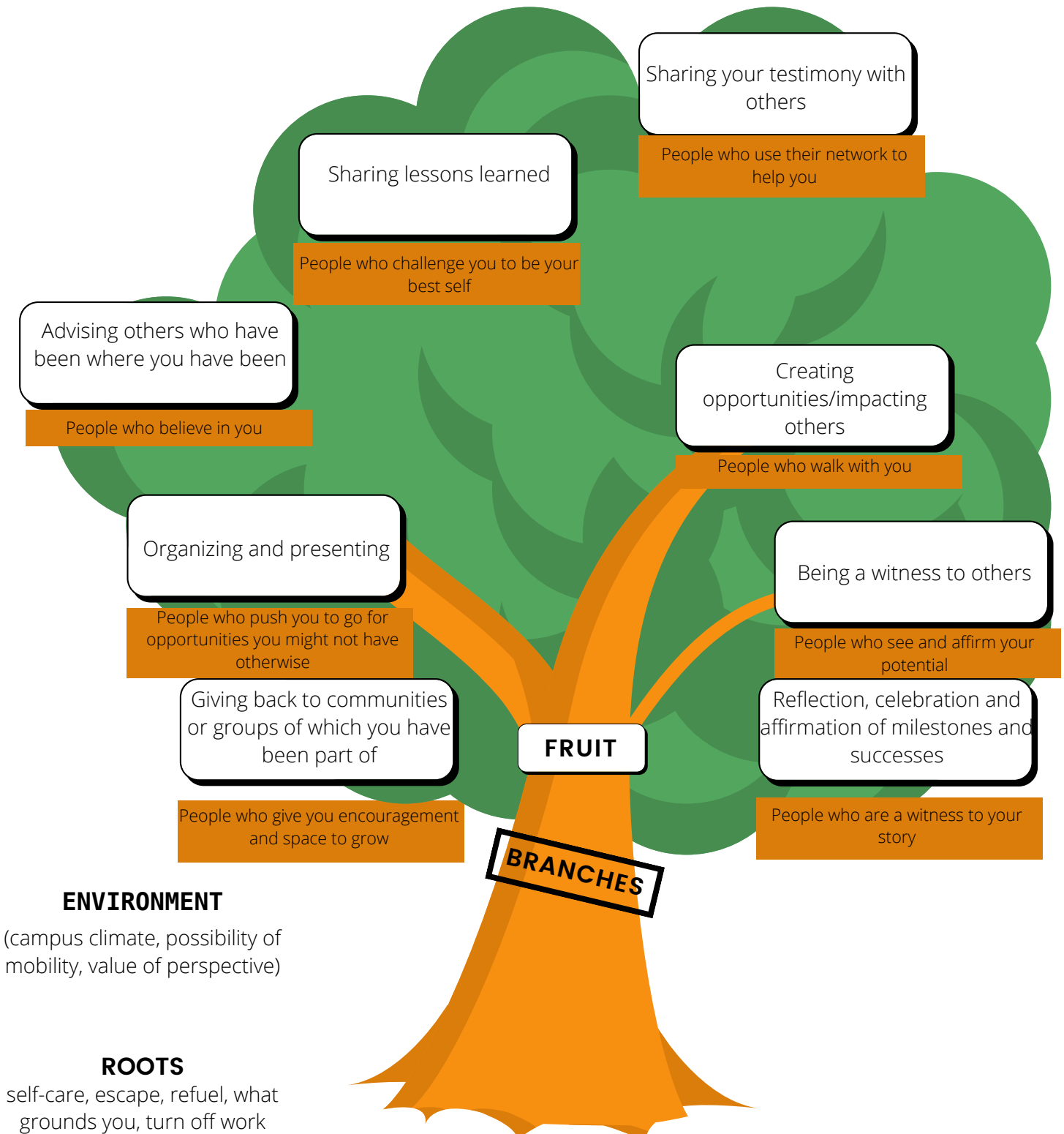
View prompts for understanding each component of the Resilience Tree Model below.

Ovals = Fruit/Leaves/Flowers

Rectangles = Branches

The bottom of the page = Roots

All other free space on the page = Environment



RESILIENCE TREE

shaunatsobers.com/resilience

Name: _____

Write in your own personal resilience components based on the prompts provided.

