

Maintaining Positivity Through Hard Times

Worksheet: Strengthening Hope, Meaning & Resilience

Important note

This worksheet is an educational support tool, not a replacement for professional mental health support. If distress feels overwhelming or persistent, seeking support is encouraged.

Purpose

This worksheet is designed to help you reflect on how to maintain steadiness, hope, and meaning during difficult times — without denying pain or forcing positivity.

You may skip any section that does not feel helpful.

Part 1: Naming the Difficulty

Without going into detail, reflect gently:

- What feels hard or heavy right now?

- What impact is this having on my thoughts, energy, or emotions?

Part 2: What Still Matters

Even in hard times, values remain.

Reflect:

- Values that feel important to me right now:

- Ways I can express these values, even in small ways:

Part 3: Sources of Meaning

Consider:

- People, beliefs, or experiences that give life meaning:

- What helps remind me that this moment is part of a bigger picture:

Part 4: Connection and Support

You do not need to do this alone.

Reflect:

- People or supports that feel safe or grounding:

- One way I could strengthen connection right now:

Part 5: Tools That Help

Reflect on practical support:

- One tool that helps steady my mind or emotions:

- One physical habit that supports my wellbeing:

- One boundary that protects my energy:

Part 6: Hope Without Pressure

Hope can be gentle.

Reflect:

- What helps me remember that change is possible:

- What feels comforting rather than motivating right now:

Part 7: A Grounding Reminder

It may help to remember:

“This is hard — and I am allowed to go gently.
Support, meaning, and hope can exist alongside struggle.”

Write your own reminder:

