

Date: \_\_\_\_\_

## Self-Reflection Activity: Life Hardships Patience

*Patience* is the tendency to wait calmly in the face of frustration, adversity, or suffering. *Life hardships patience* refers specifically to patience amid major life struggles, like chronic illness, death of a loved one, or ongoing internal conflict.

Think about the last time you really struggled in life. Was it easy for you to wait calmly in the face of significant life hardships? On a **scale from 1-10** (1 = strongly disagree, 10 = strongly agree), rate how much you agree with each of the following statements to identify your current thoughts, feelings, and behaviors related to *life hardships patience*.

### Rating

- \_\_\_\_\_ 1. I was able to wait out tough times during a major life struggle.
- \_\_\_\_\_ 2. I found it pretty easy to be patient last time I encountered a difficult life problem or illness.
- \_\_\_\_\_ 3. I was patient during my most recent life hardship.

---

### Digging Deeper

Based on your ratings above, how satisfied are you with the way you exhibit life hardships patience? Explain your reasoning.

---

---

---

You may not suffer a life hardship every day, but when you do experience major life struggles, how do you typically express life hardships patience?

---

---

---

---

---

---

Consider a past or current role model/mentor. What is admirable about the way they express patience amid significant struggles in life?

---

---

---

---

---

---

What are one or two small steps you might take to become more patient through life hardships?

---

---

---

---

---

---

When you experience major struggles, how might life hardships patience help you persist?

---

---

---

---

---

---

### The Extra Mile

If you feel up to the challenge, we invite you to tackle one of the following growth activities. These may take more time or push you out of your comfort zone, but meaningful engagement is a worthy investment. Good luck!

1. In a journal or on a separate piece of paper, write about a time when you experienced a major life struggle. What were your initial reactions? Did your attitude towards the life hardship change the longer it lasted? If the life struggle has ended, what would you do differently looking back?
2. What resources help you remain calm and patient despite major life struggles? After identifying what or who helps you maintain patience, make a plan for accessing those resources next time you experience a life hardship.