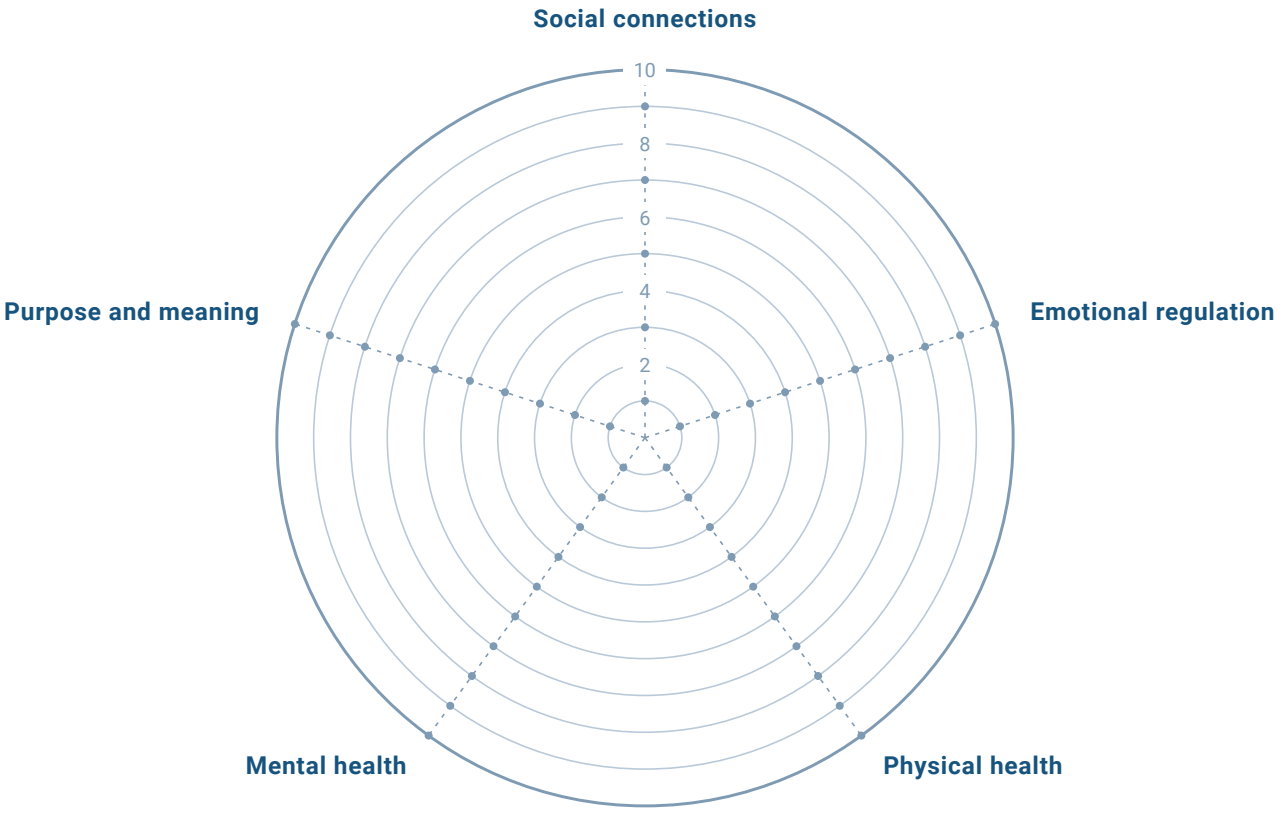
Resilience Wheel

Annex 30 · Module 10: Dialogue and Conflicts in Digital World

The wheel is divided into five sections, one for each area. On each axis, mark how confident you feel today, on a scale from 1 to 10. Then connect the dots to see the shape of your skills wheel. This is not about right or wrong; it's about noticing where you are now.

1 =	I don't know this yet or don't use it	**5 =**	I can do it sometimes	**10 =**	I can do it confidently in real situations



What each area means

Social connections	I have people around me I can turn to.	**Mental health**	I can tell when it's too much for me and ask for help.
Emotional regulation	I can manage strong emotions without being overwhelmed.	**Purpose and meaning**	I do things that matter to me and give me direction.
Physical health	I sleep, move, and eat in a way that helps me cope.		

Which area supports me most right now, and which least

Name: _____ Date: _____

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