



We are glad you are joining us for the 21-Day Resilience Challenge, a community wide invitation to explore how individuals, families, organizations, and systems respond to challenge, recover from disruption, and grow stronger over time. At United Way of Forsyth County, we believe resilience is not simply an individual trait. It is something that is built collectively through connection, access, opportunity, and care.

This challenge is not about having all the answers. It is about slowing down, learning together, and reflecting on what helps people and communities withstand pressure and move forward with purpose. Over the next 21 days, we invite you to engage with curiosity, honesty, and openness as we examine resilience across personal, economic, and community contexts.

Together, we will explore what it takes to build resilience that lasts, especially for working families and communities navigating ongoing change. United is the Way.

### What to Expect

Each day, you will receive a brief introduction to a theme related to resilience, including how people adapt to stress, how systems either support or strain resilience, and how communities create conditions for stability and recovery. You will be able to explore each topic through guided reflections and are encouraged to set aside 15 to 20 minutes a day to engage and reflect.

At the end of weeks 1 and 2 we will host a facilitated Zoom check-in, creating space to pause, connect with others, and reflect on what we are learning. These conversations are designed to ground the challenge in real experience, shared insight, and practical application. At the end of the challenge we will host an in-person panel discussion highlighting resilience in leadership. You will find details for these discussions and events along the way.

### Getting Started

To prepare for the challenge, we encourage you to begin with the following:

#### Explore

- United Way of Forsyth County's impact and priorities at [www.uwforsyth.org](http://www.uwforsyth.org)
- United Way of Forsyth County's Resilience Statement and find more related to this challenge, <https://www.uwforsyth.org/challenge>
- The **Resilience Challenge Shared Definitions** (attached) to establish a common language and shared understanding as we move through the challenge together

#### Reflect

- Why are you participating in the Resilience Challenge?
- What does resilience look like in your own life or work?
- Where do you see resilience being supported or strained in our community?
- How will you stay engaged and accountable over the next 21 days?

Please take a moment to complete the [Pre-Challenge Survey](#) before we begin. We look forward to learning, reflecting, and growing alongside you as we explore what it truly means to build resilience together.

Let's begin.

**United Way of Forsyth County**

**GIVE**