

Katniss Everdeen's 35 Prompts for Resilience and Strategy

In times of challenge and change, Katniss Everdeen's journey offers powerful insights into resilience, strategic thinking, and maintaining authenticity under pressure. While we may not face the literal survival situations of The Hunger Games, many of us navigate our own arenas of professional challenges, personal growth, and ethical decisions. These 35 carefully crafted prompts capture Katniss's evolution from survivor to symbol, helping us develop both strategic thinking and emotional resilience.

Survival & Strategy

1. Document today's hunting observations. What patterns in nature could mean the difference between life and death?
2. List three skills you need to improve for survival. How will you practice them?
3. Reflect on a moment when instinct conflicted with strategy. Which proved right?
4. Map out your allies and adversaries. What hidden motives might they have?
5. Analyze your available resources. How can they be used in unexpected ways?

Family & Sacrifice

6. What would you tell Prim if you could speak freely, without fear of consequences?
7. How has protecting your family shaped your choices today?
8. Record a memory that gives you strength in difficult moments.
9. Describe a moment when love made you stronger rather than vulnerable.
10. What traditions from home do you maintain to keep hope alive?

Trust & Alliances

11. Who did you let see your true self today? Why them?
12. Document an instance where keeping up appearances felt like a survival strategy.
13. Analyze a moment when you had to decide whether to trust someone. What signs did you look for?
14. List the people you're fighting for. How does each one influence your decisions?
15. Reflect on an alliance that surprised you. What did it teach you about human nature?

Resistance & Power

16. How did you maintain your identity today while playing by their rules?
17. Document an act of subtle defiance. What made it powerful?
18. Analyze the system's weaknesses from a hunter's perspective.
19. Record a moment when silence spoke louder than words.
20. How did you turn their expectations into your advantage?

Loss & Healing

21. Write about someone you couldn't save. What would you tell them now?
22. How do you carry on their memory through your actions?
23. Document a nightmare that haunts you. What truth is it trying to tell you?
24. Describe a moment of peace you found in chaos.
25. What scars have made you stronger?

Love & Loyalty

26. Compare the different kinds of love that drive you forward.
27. Record a moment when protecting someone meant risking everything.
28. How do you balance personal desires with larger responsibilities?
29. Describe a time when love felt like both strength and weakness.
30. What promises are worth dying for?

Identity & Change

31. How has survival changed who you are?
32. Document something from before that you can never go back to.
33. What part of yourself will you never let them take?
34. Describe a moment when you recognized your own strength.
35. What would the old you think of who you've become?

Strategic Application of These Prompts

Katniss's strength comes from her ability to combine instinct with strategy, emotional truth with tactical thinking. As you work with these prompts, consider:

- Starting with concrete observations before moving to emotional insights
- Balancing strategic thinking with authentic expression
- Identifying patterns in both situations and relationships
- Maintaining awareness of your resources and allies
- Connecting personal choices to larger impacts

Developing Your Practice

Consider creating a “Survival Journal” that combines:

- Strategic planning
- Emotional processing
- Resource tracking
- Relationship mapping
- Personal growth reflection

You might approach these prompts through different lenses:

- Professional challenges
- Personal relationships
- Ethical decisions
- Community involvement
- Self-discovery

Making the Most of Your Journaling

Remember that Katniss's greatest strength wasn't just her survival skills, but her ability to maintain her humanity while using them. As you work with these prompts:

- Allow yourself to acknowledge both strength and vulnerability
- Look for opportunities to turn challenges into advantages
- Consider how your choices impact others
- Recognize the power of small acts of resistance
- Honor both strategic thinking and emotional truth

A Note on Practice

Consider alternating between strategic and emotional prompts to develop both aspects of your resilience. You might choose one prompt from each category per week, building a comprehensive approach to personal growth and strategic thinking.

May these prompts help you develop the resilience, strategic thinking, and authentic strength that marked Katniss's journey from survivor to leader.