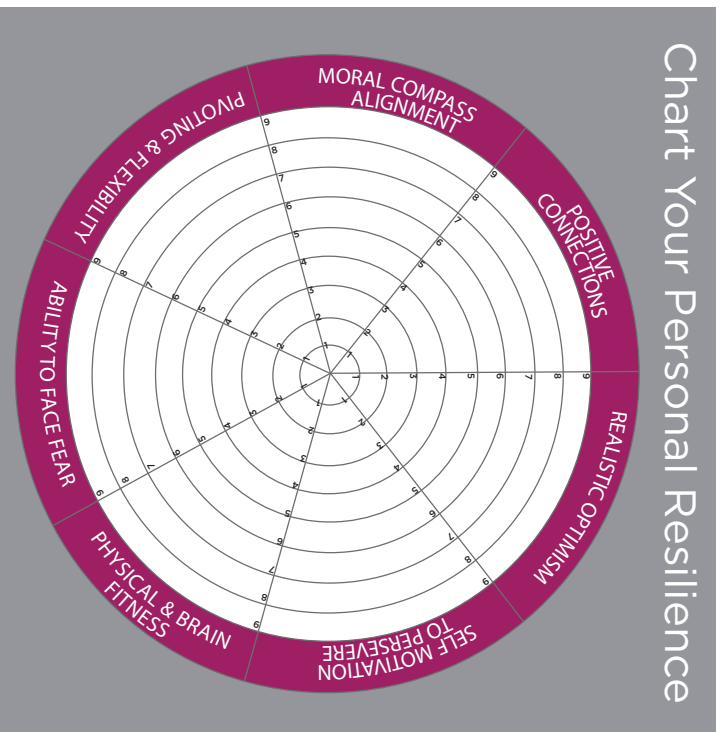


# Chart Your Personal Resilience



Score each statement on a scale of 0-3.



## 1. Positive Connections

- I have many people in my life who give me unconditional support
- I actively participate in one or more groups
- I can easily distance myself from negative people/activities

TOTAL \_\_\_\_\_



## 2. Realistic Optimism

- I have a realistic optimism
- I am the person who points out the "good news" in difficult situations
- I expect to overcome and thrive – regardless of the situation

TOTAL \_\_\_\_\_



## 3. Self Motivation To Persevere

- I believe in my ability to succeed
- I set goals and take persistent steps to complete them
- I am comfortable redirecting my own personal actions when faced with setbacks

TOTAL \_\_\_\_\_



## 4. Physical & Brain Fitness

- I don't mentally beat myself up; I treat myself with kindness and compassion
- I consistently demonstrate the benefits of eating right, getting enough sleep and exercise
- I take time to nurture myself; I am able to calm & comfort myself during stressful situations

TOTAL \_\_\_\_\_



## 5. Ability To Face Fear

- I take action even when I know there is a high probability of failure
- I don't let temporary setbacks become my excuses
- I use mistakes and problems as opportunities to get better

TOTAL \_\_\_\_\_



## 6. Pivoting & Flexibility

- I keep an open mind
- During/after stressful life events I find opportunity for personal growth
- I am curious about the world around me

TOTAL \_\_\_\_\_



## 7. Moral Compass Alignment

- I am grateful. Every. Single. Day.
- I have strong beliefs and values that guide me
- I fully live into my purpose; my daily actions consistently support my "why"

TOTAL \_\_\_\_\_

# Resilience Action Plan

Refer back to your Resilience Chart and use the area below to develop your resilience action plan.



## PHYSICAL & BRAIN FITNESS

- Eat healthy and exercise often
- Rest and meditate
- Practice joyful activities



## POSITIVE CONNECTIONS

- Connect with uplifting people
- Disconnect with negativity when possible
- Develop trusting relationships



## ABILITY TO FACE FEAR

- Cultivate a sense of adventure by challenging a fear
- Write a list of the bravest things you have ever done
- Keep a list of times you have failed and gotten up again



## REALISTIC OPTIMISM

- Seek out the positives in the situation
- Let go of things you cannot control
- Quiet your inner critic



## PIVOTING & FLEXIBILITY

- Flex your mental agility by changing your perspective
- Discuss a topic from the opposing view
- Practice problem solving – puzzles, games, hobby



## SELF MOTIVATION TO PERSEVERE

- Set goals, review and adjust (small steps, long term, stretch)
- Keep a journal and reflect at the end of each day
- Reward achievements; forgive yourself after failures



## MORAL COMPASS ALIGNMENT

- Write out your values – review them often
- Understand your mission/purpose
- Be authentic