1. Positive Connections

2. Realistic Optimism

3. Self Motivation To Persevere

4. Physical & Brain Fitness

5. Ability To Face Fear

6. Pivoting & Flexibility

7. Moral Compass Alignment

Score each statement on a scale of 0-3.

Resilience

Performance
### Positive Connections

- Realistic Optimism
- Self Motivation to Persevere
- Moral Compass Alignment
- Pivoting & Flexibility
- Ability to Face Fear
- Positive Connections

### Physical & Brain Fitness

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

### Resilience Action Plan

Refer back to your Resilience Chart and use the area below to develop your Resilience Action Plan.

- Keep a journal and reflect at the end of each day
- Set goals, review and adjust (small steps, long term, stretch)
- Quiet your inner critic
- Let go of things you cannot control
- Seek out the positives in the situation
- Develop trusting relationships
- Disconnect with negativity when possible
- Connect with uplifting people

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