

8 Areas of Resilience



Using a scale of-5 (highest), where do you rank your degree of competency in each of the 8 Areas of Resilience?

1. Career or Business
2. Health and Fitness
3. P

Conditions that Hinder Resilience

Condition	Commonly Associated Belief
Fear	<ul style="list-style-type: none"> I've always been told that I can't It's too late If it goes wrong won't be able to handle it
Pride	<ul style="list-style-type: none"> I already know everything I need to know I take feedback as a personal attack
Anxiety and Overwhelm	<ul style="list-style-type: none"> I feel threatened/intimidated My current abilities are the measure of my worth I always struggle with
Resentment and Blame	<ul style="list-style-type: none"> It's their fault If it weren't for them, things would be better They made me unhappy
Fixed Mindset	<ul style="list-style-type: none"> If I fail, others will judge me harshly There's no point of trying if I'm going to fail I can't get better I have nothing to contribute It's better to not try and avoid failure, then to try and fail

Building Resilience

Categories	Action Items
Build Your Connections	<ul style="list-style-type: none"> Prioritize relationships Join a group Spend time in nature
Foster Wellness	<ul style="list-style-type: none"> Take care of your body Practice mindfulness Avoid negative outlets
Find Purpose	<ul style="list-style-type: none">