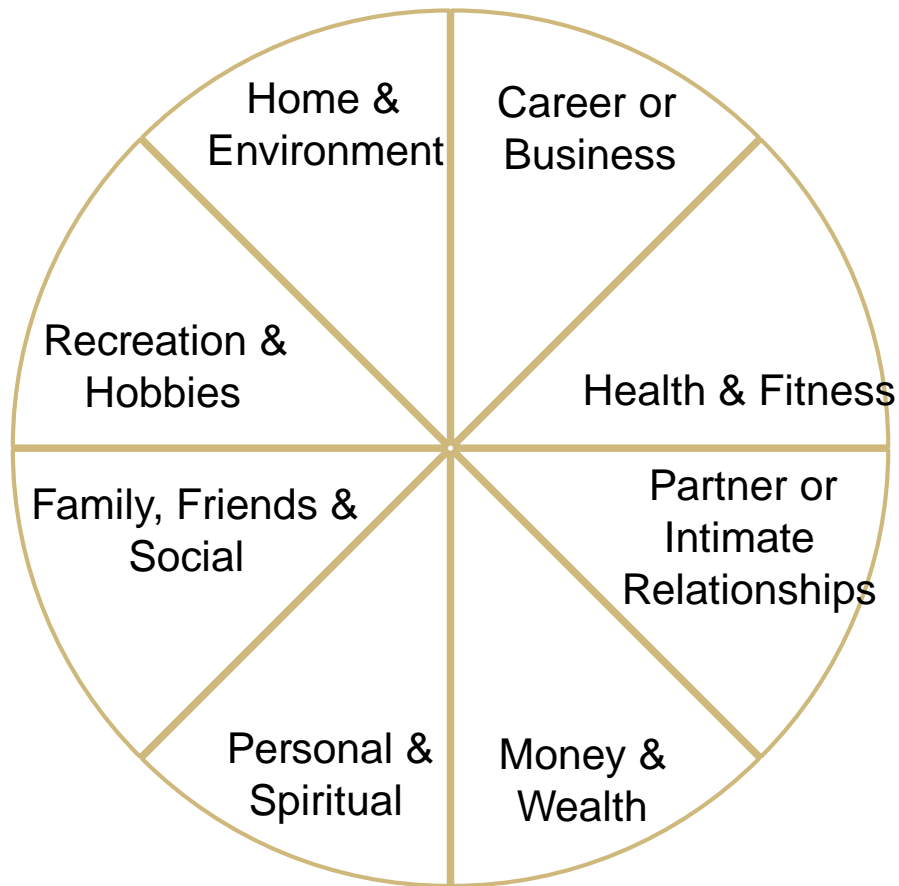




## 8 Areas of Resilience



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

## Building Resilience

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