

Building Resilience

What do I naturally do and enjoy most?

What energizes me?

What Drains Me?

Why do I keep showing up?

Do I have the energy needed for the long haul?

- How Can I Start to Increase My Sleep?
- How Can I Improve My Sleep?
- Where Can I Improve My What I Eat?
- How Can I Add More Movement During My Day?

Who is in My Circle of 5 Vital Relationships?

One:

Two:

Three:

Four:

Five:

Mindset: How Can I Make One Step Forward?

- Grit (passion + persistence)
- Growth (failure = learning)
- Gratitude (3 Good Things Daily)

Growing Courage

- When Do I Tend To Experience a Failure of Nerve?
- When Do I Tend to Express a Failure of Heart?

Courage Under Fire:

- What can I do next to develop a Calm presence?
- What is my Clear mission?
- What is my source of Confidence and Conviction?