

# Your Resilience Toolkit

How can you build your resilience in the long term? This month's worksheet is simple. Think about the questions below and your response to each. Add an action, adopt a new practice, or change a behavior for the questions where you don't have an adequate response, or you are unhappy with your response. Revisit in 3 months.

1

What's your mojo?

2

Do you trust your gut?

3

Who's on your squad?

4

How do you take care of yourself?

5

How do you stay positive?

6

How do you keep yourself updated?

7

What do you do when you get stuck?

8

What do you do when you are feeling overwhelmed?

9

How do you relax?

10

What do you do when there is a change in plan?

11

How do you communicate when upset?

12

How do you celebrate success?

