YOU ARE RESILIENT

JOURNAL FOR THE BODY, MIND, & SPIRIT

Ву

GATHLINE ETIENNE MD

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Dedicated to the divine spark within you! May this space be a sanctuary for healing, clarity, and peace.

A Note from the Author

Dear Resilient Soul,

This journal was designed to accompany the book *You Are Resilient: Body, Mind & Spirit.* It is your mirror, your map, and your sacred ground. It was created to hold your truth, your transformation, and reveal the greatness within you.

You are not here to be perfect. You are here to be. Each reflection, each pause, and each page you fill is a bold step towards your inner power and peace. Let this be a space where your voice is heard, your heart softens, your mind settles, and your spirit leads.

Your story is sacred. Your healing is revered. And your resilience is divine.

With deep respect for your journey,

Gathline Etienne, MD

RESILIENCE

"Resilience is already woven in your nature."

— GATHLINE ETIENNE MD

Growing up on the lush Caribbean Island of Dominica, coconut trees were everywhere —tall watchmen with crowns of leaves waving to each passerby. Only now do I see their true message: they are a symbol of resilience; rooted and bending in storms. They were our constant fans cheering us on to stand tall and keep going.



SELF-REFLECTION Identifying Stressors

When a stressor shows up in your life, take a moment. Pause. Reflect. Turn inward and ask yourself the following questions...

Ask Gently: What stressors am I currently facing?

"Sometimes the strength within you is not a big fiery flame for all to see, it is just a tiny spark of hope that says: 'You got this. Keep going."

Ask Gently: What do I fear losing that is causing me anxiety?

"Out of suffering have emerged the strongest souls; the most massive characters are seared with scars."

KHALIL GIBRAN

Ask Gently: What is this challenge trying to teach me?

"You are being shaped, not shattered.

Every challenge is a steppingstone leading you to a stronger, wiser, more resilient version of yourself."

Ask Gently: What old beliefs or mindsets am I being called to let go of?

"Adversity did not define me, it forged me" **Ask Gently:** Am I resisting change when life is nudging me towards growth?

"Resilience is in our nature, and stressors are needed to increase our capacity"

Ask Gently: Do I thrive under structure and pressure, or do I need adaptability and freedom? And what am I made for?

"Fall seven times, stand up eight."

JAPANESE PROVERB

Your Body-Your Powerhouse

Your outer casing is an incredible piece of machinery. It enables you to move, to act, to be present, and to power through life's challenges.



Self-Reflection

Listening to the Body's Stress Signals

Listen to Your Body: Learn to identify your unique stress signals. Use mindfulness practices such as the daily body scan to detect areas of tension and discomfort.

Ask Gently: Which areas of my body felt the most tense or uncomfortable during the body scan performed?

"The body speaks in volumes.
Fatigue is its whisper.
Pain is its plea.
Burnout is its scream.
The question is—"are we listening?"

Ask Gently: What emotions or thoughts came up as I focused on those areas in my body?

"If we don't manage our chronic stress, we may end up having to manage an illness." **Ask Gently:** Do I notice these discomforts more often during certain times of day or in specific environments or situations?

"Chronic stress disrupts the delicate balance between rest and alert states."

Ask Gently: How do I usually respond when I feel physical symptoms of stress? Do I pause and listen—or push through?

"Balance is key"

Ask Gently: How can I incorporate body awareness into my daily routine—even just for one mindful minute?

"We can't control everything that happens around us, but we can control how we respond"

RESILIENT LIFESTYLE

Your body is your lifelong home.

Treat it with care, and it will carry you forward with strength, energy, and grace.



SELF-REFLECTION

The Power of Movement

Move Regularly: Incorporate movement, strength training, flexibility, and balance exercises to release endorphins, boost mood, and build physical resilience

Ask Gently:

What types of movement bring me joy?

How does my body feel after movement compared to when I have been sedentary for long periods?

How can I get 150 minutes of exercise in per week?

"Movement is medicine. It strengthens the heart, sharpens the mind, lifts the mood, and fortifies the body against disease and decline."



SELF-REFLECTION

The Power of Nutrition

Nourish with Intention: Choose nutrient-dense foods to support gut health and energy levels. Stay well hydrated and minimize exposure to toxins when possible

Ask Gently: Am I eating mostly out of habit, convenience, or stress—or to truly nourish myself?

"The goal isn't perfection—it's awareness. When you know how food works in your body, you can eat with purpose."

Am I getting what my body truly needs?

Am I preparing my body to thrive?

"As you nourish yourself each day, think beyond calories"

How much water do I drink per day?

What unhealthy fluid sources can I cut back on?

"Hydration is maintaining the right balance between water and electrolytes"

Are there times of the day when my energy crashes or my mood dips?

Is it related to certain foods or movement level?

Don't fear fat—honor it -consciously, intentionally, and in harmony with nature's design

What foods make me feel bloated, sluggish?

What foods increase my cravings?

"Hidden hunger": we may eat enough food, but not enough of the right nutrients to thrive

Table 2. Fueling Resilience: Summary of Key Nutrients

Fueling Resilience: Quick-Guide to Key MACRONUTRIENTS					
Nutrient	Daily Needs (Avg. Adult)	Best Food Sources	My Favorite food Sources		
Carbohy- drates	45–65% of total daily calories	Whole grains, fruits, vegeta- bles, legumes			
Protein	0.8–2.0 g/kg of body weight	Eggs, lean meats, fish, len- tils, tofu, nuts			
Healthy Fats	20–35% of total daily calories	Avocados, olive oil, salmon, wal- nuts, flaxseeds, ghee			

Fueling Resilience: Quick-Guide to Key MICRONUTRIENTS

Nutrient	Daily Needs (Avg. Adult)	Best Food Sources	My Favorite food Sources
Iron	8 mg (men), 18 mg (women)	Red meat, len- tils, spinach, quinoa, forti- fied cereals	
Magnesium	310–420 mg	Almonds, leafy greens, avoca- do, pumpkin seeds, dark chocolate,	
Vitamin D	600–800 IU (15–20 mcg)	Sunlight, salmon, egg yolks, fortified dairy or plant milks	
Vitamin B12	2.4 mcg	Meat, fish, eggs, dairy, fortified plant- based foods	

Ask Gently: Which of these additives have I noticed have an impact on my body?

Table 3: Summary of Additives That Turn Food into Junk

Additive Type	Common Sources	What effects have you noticed if any, that these additives have on your body?
High-Fructose Corn Syrup	Sodas, baked goods, sauces	
Artificial Colors (e.g., Red 40, Yellow 5)	Candies, cereals, sodas	
Monosodium Glu- tamate (MSG)	Chips, soups, fast food sauces	
Sodium Nitrates & Phosphates	Processed meats, canned foods, instant noodles	
Emulsifiers (e.g., carrageenan, poly- sorbates)	Ice cream, plant-based milk, salad dressings	
Preservatives (e.g., sodium benzoate, BHA, BHT)	Snack foods, sodas, cereals	

Simple, preventable lifestyle measures to reduce your risk for heart attacks and strokes.

Table 1. Optimal Health Markers for Physical Resilience

Marker	Normal Range / Limit	Your Current Values
Blood Pressure	<130/80 mmHg	
LDL Cholesterol	<100 mg/dL	
Total Cholesterol	<200 mg/dL	
HbA1c (A1C)	<5.7%	
Caffeine Intake (adults)	<400 mg/day	



SELF-REFLECTION

The Power of Sleep

Honor your Sleep: Aim for at least 6-9 hours of quality sleep to maintain a healthy rhythm, supporting recovery, hormonal balance, and emotional regulation.

Do I wake up feeling rested, or exhausted even after a full night's sleep?

How many hours of consistent sleep I am getting and how many do I need to feel rested?

Just as night follows day, your body requires both deep rest (Yin) and dynamic movement (Yang) for optimal resilience

What habits might be interfering with my sleep quality (screens before bed, irregular sleep schedule, stress, etc.)?

What small changes can I make to create a more restful nighttime routine? Sleep is more than rest. It's detox **Ask Gently:** Do I need rest? Better nutrition? More movement?

"Strength doesn't come from avoiding discomfort—it comes from embracing it with awareness and growing through it."



SELF-REFLECTION

The Power of the Breath

Breath is the bridge between body and mind. When used intentionally it can be a powerful tool for cultivating resilience.

We take nearly 25,000 breaths a day, where each one represents a chance to reset, refocus, and rebalance.

Breathe Deeply: Practice deep breathing exercises to slow your heart rate and calm the mind.

Ask Gently: How often do I take a moment to pause, breathe deeply and reset during the day?

"Resilience isn't just about pushing through—it's about breathing through"

AFFIRMATIONS: Shift the Narrative: Rewrite the positive affirmations or any of your own choosing with reference to your personal **physical goals:**

"I'm not enough" TO Eg. "I am more than enough, I am evolving and learning every day."

If you **believe** you are unworthy, you will settle for less than you deserve.

If you **believe** you are not capable, you will hesitate to chase your dreoms.

If you believe your past defines you, you will never give yourself permission to grow beyond it.

MIND OVER MATTER

An astonishing fact is that the average person has around 60,000 thoughts a day, yet 95% of these are the same as the day before.

The quality of our thoughts directly determines the quality of our lives.

Next time you feel low, examine your thoughts. rewrite your thoughts, replace fear with curiosity, doubt with faith, chaos with clarity.



SELF-REFLECTION

Facing Fear with Awareness

Fear often feels real, but not all fear is rooted in truth.

The questions below can help you gently explore your inner landscape and challenge limiting beliefs.

Ask Gently: What is something I fear right now—and why do I fear it? Is this fear based on truth, experience, or someone else's story that I've internalized?

"Let fear stand behind you, not in your way, pushing you toward growth instead of holding you back."

Ask Gently: What support do I need to help me overcome my fears?

"The world doesn't bend to our fears, but it does respond to our courage."

Ask Gently:

What events in your life would you consider a failure?

Instead of asking "Why did this happen to me?", Ask, "What did it teach me?"

"Failure is just a chapter, not the whole story. Keep turning the pages."

True growth begins when we question our fears, challenge the stories we tell ourselves. Rather than pushing fear away, get curious about it. List your fears and reframe the story: instead of "I can't handle this", try "I can handle this—with the right support."

"Perspective isn't just about what we see—it's about how we see it."

Ask Gently: I react strongly to a situation, do I take time to pause and ask: "Am I reacting from fear, or from understanding?"

"The happiness of your life depends upon the quality of your thoughts."

Marcus Aurelius

Ask Gently: How do I typically respond when I feel overwhelmed?

"Resilience isn't just about pushing through; it's about pausing, reflecting, and recalibrating."

Ask Gently: What beliefs do I currently hold about myself or the world that might be shaped more by perception than truth?

"Mindfulness is the shift from living on autopilot— trapped between past regrets and future worries—to fully engaging with life as ii unfolds in the now." **Ask Gently:** Which perspectives or beliefs are restricting my growth?

"Our thoughts and emotions directly influence our physical health"

Ask Gently: What might shift in my life if I dared to challenge those beliefs?

"When we master our attention, we create the foundation for greater mindfulness---Ond ultimately, greater mastery over our own lives."

One science-backed tip to break free from the shackles of an anxious mind is to take every thought captive: Write down your anxious thoughts, acknowledge them, don't suppress them—then write corresponding solutions.

If anxiety asks, "What if?" Your reply: "So what if, this happens ..Then what?"

For example: "What if I lose my job? So what if? Then I'll find a new one—or start my own business." **Ask Gently:** What teachings or beliefs that were instilled in me but don't quite resonate with who I am? Explore your political, social, religious, financial and other views here.

"The forest was shrinking, but the trees kept voting for the axe, for the axe was clever and convinced the trees that because his handle was made of wood, he was one of them."

- Turkish proverb

Create Your Future: The mind believes what we repeatedly tell it. Your perspective of yourself and the world can be a window to freedom or a cage of fear—choose your lens wisely. Write the story of the life you desire and revisit it every 5 years to track your progress

"Whatever the mind can conceive and believe, that it will achieve."

Napoleon Hill

AFFIRMATIONS: Shift the Narrative: Rewrite the positive affirmations or any of your own choosing with regards to your **mental and emotional health goals:**

"I'm too old, too broken, too late, TO Eg. Every moment is a new beginning."

"Delight yourself in the Lord, ond He will give you the desires of your heart."

(Psalm 37:4)

THE SPIRIT WITHIN

If resilience had a divine form, it would be the eternal, unbreakable force of creation itself—the spark that allows us to rise, heal, grow, and thrive in the face of adversity.

That force resides in you.

It's your spirit.

the divine essence that gives life to your body and clarity to your mind, guiding you beyond mere survival and connecting you to all living things and the Source of life.



Self-Reflection

Awakening to Spirit

Here are a few questions you can use to gently tune into your spiritual awareness.

Write slowly.
Pause often.
Listen inwardly.

Ask Gently: When in my life have I felt deeply guided, even if I couldn't explain why?

"We are eternal beings on a temporary human journey to learn to cultivate love for ourselves, for all humanity, and for the Divine."

Ask Gently: What quiets me enough to sense something greater than myself?

"Be stilt and know that am God."

PSALM 46: 10

Ask Gently: When have I dismissed an inner nudge, only to later realize it was wisdom?

"For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future."

JEREMIAH 29:II NIV.

Ask Gently: How does my body respond when I am aligned with spirit?

"Whatever action a man performs, he reaps the fruit of that action."

Bhagavad Gita 4:17

Ask Gently: What distractions most often pull me out of spiritual awareness—and how can I return gently?

"Sometimes letting things go is on act of for greater power than defending or hanging on."

ECKHART TOLLE

Ask Gently: What attachments do I need to release to rise?

"Detachment is not that you should own nothing, but that nothing should own you".

Ali ibn Abi Talib

Where attention goes, energy flows. How can I shift my attention to focus on what matters to me the most?

Detachment does not mean apathy; it means faith. It means setting an intention, taking inspired action, and releasing the need to control the outcome.

Ask Gently: With regards to giving, am I giving from fullness or from fear?

You were never alone. You were never abandoned. You have always belonged. **Ask Gently:** With regards to giving, am I honoring others while abandoning myself?

"Cast ail your anxiety on him because he cares for you. "

1 PETER 5:7

Ask Gently: With regards to giving, Am I being taken advantage of in that situation?

"Give, and it will be given to you ..
For with the measure you use, it will be measured to you."

LUKE 6:38

This is the Divine pattern. **Ask with loving intention. Believe with faith. Receive with gratitude.** What are you believing or hoping for?

"Whatever you ask for in prayer, believe that you have received it, and it will be yours"

MARK 11:24.

Ask Gently: What vivid dreams, visions, encounters, or intuition have I had that felt supernatural, divine, or out of this world?

"In the last days," God says, "I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams"

ACTS 2:17



SELF-REFLECTION Divine Resilience Within Me

The journey toward spiritual resilience is, at its heart, a journey to self-discovery. We are not separate from the Divine but reflections of Him.

Before you were born, you were already loved. In this very moment, you are loved. For all eternity, you will be loved. **Ask Gently:** In moments of struggle do I believe I am being refined or punished? How does that affect my ability to rise?

"Nevertheless, not My will, but Yours be done"

LUKE 22:42

Ask Gently: Do I struggle with surrendering to the Divine when things are out of my control? And if so, why?

"We rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope."

ROMANS 5:3-4

Ask Gently: Do I give others the same grace that was given to me?

To shift your life. begin with thought, speech, and intention.

Ask Gently: What stories of spiritual resilience—whether from scripture, sacred texts, or persons—inspire me to keep going?

"Love and compassion are necessities, not luxuries.

Without them, humanity cannot survive."

Dalai Lama

Ask Gently: How can I display the "Fruits of the Spirit" in my daily life— through my intent, words, and the way I show up for myself and others?

When we surrender to divine grace, life stops being an uphill battle and becomes a dance of alignment.

AFFIRMATIONS: Shift the Narrative: Rewrite the positive affirmations or any of your own choosing with regards to your **spiritual goals:**

"I'm not capable" TO Eg. "What if I am?"

"We are here to learn, to grow, and then we go home."

Queen Elizabeth II

RESILIENCE IN RELATIONSHIPS

"Your task is not to seek for love but merely to seek and find all the barriers within yourself that you have built against it."

—**R**имі



SELF-REFLECTION

Honoring My Boundaries

Your self-love, boundaries are reflections of your selfworth. As you refine them, you don't just teach others how to treat you—you reaffirm what you deserve. Here are a few things to reflect upon. **Ask Gently:** What people, habits, or environments give me energy—and which ones drain me? Am I an empath?

"The way you treat yourself sets the standard for how you engage with the world"

Ask Gently: Am I choosing progress over perfection, growth over fear, self-compassion over self-judgment?

"Embrace progress over perfection"

Ask Gently: Where in my life am I tolerating behaviors that quietly erode my peace or well-being?

"Boundaries are guardrails for your well-being."

Ask Gently: Am I speaking to myself the way I would to someone I love? Am I setting boundaries that protect my peace and energy?

"We are not strangers— we are mirrors"

Ask Gently: When I've felt overwhelmed or unappreciated, did I speak up—or stay silent out of fear or guilt?

"And we know that in all things God works for the good of those who love him, who hove been called according to his purpose."

ROMANS 8:28

Ask Gently: What is one boundary I'm ready to express more clearly, starting today? Can I hold my boundaries without guilt?

"Be yourself, everyone else is taken"

OSCAR WILDE

Ask Gently: Who or what situation do I need to forgive?

"Forgiveness is an act of liberation"

Ask Gently: Do I shrink or compromise when someone challenges my limits, or do I stand in self-respect?

"We attract what we believe we deserve."

Ask Gently: What would shift if I saw my boundaries as an act of love—for myself and for others? What would it look like to care for myself as deeply as I care for others?

"Offer support with your presence rather than pressure."

Your voice matters. When you communicate, ask yourself: "What do I truly want to convey? What outcome do I hope to achieve?"

"The wise see no difference between a learned scholar, a cow, an elephant, a dog, and an outcast,"

BHAGAVAD GITA 5:18

A loving letter

Write a letter to your younger self, offering grace, embrace, and gratitude:

RISING STRONG FROM ADVERSITY

"Improvise, Adapt, Overcome"

—The US Army Special Forces Green Berets' motto.



SELF-REFLECTION

Growing through Adversity

When life takes an unexpected turn, rather than seeing the hardship as a setback, we can see it as a forge—shaping our character, deepening resilience, and preparing us for the next chapter of our journey.

Perhaps adversity isn't something happening to you, but something happening for you:

Ask Gently: What if this setback or disappointment is the best thing that could happen for me?

"Turn your wounds info wisdom."

OPRAH WINFREY

Ask Gently: What strengths helped me get through past challenges?

"I learned that courage was not the absence of fear, but the triumph over it."

Nelson Mandela

Ask Gently: What greater things could this adversity be preparing me for?

"I am here. I am love. I am peace." **Ask Gently:** Am I being called to a higher purpose?

"Hove I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Joshua 1:9

Ask Gently: What has this adverse experience taught me about my strength or life?

"Trust in the Lord with all your heart and lean not on your own understanding."

PROVERBS 3:5

Ask Gently: How has this adverse situation reshaped my priorities and values?

"If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you."

John 15:7

Ask Gently: What and who do I need to release to move forward? What no longer serves my purpose?

AFFIRMATIONS: Shift the Narrative: Rewrite the positive affirmations or any of your own choosing with regards to your **financial goals.**

"This is the end" TO Eg. "This is my new beginning."

"You don't attract what you want-you attract what you are"

A loving letter

Write a letter to your current self, that's encouraging, appreciative, and supportive:

Wellness as Your Destiny

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy. "

— RABINDRANATH TAGORE



SELF-REFLECTION

Wellness As Your Destiny

Ikigai, the Japanese concept of "a reason for being"; the intersection of what you love, what you're good at, what the world needs, and what you can be paid for.

You are an essential part of this world.

Your presence holds immense value.

May you find purpose in all you do.

Ask Gently: What measurable steps can I take towards achieving my goal or pursuing my passions?

"True liberation lies in the integration of body, mind, and spirit. It is the harmonious dance of these three dimensions that awakens our highest potential and unleashes the power within"

DEEPAK CHOPRA

Ask Gently: What is something I love or feel curious about, even if no one understands it?

"Resilience is not a finish line but a continuous process of renewal.

A bridge between adversity and wellness"

Ask Gently: What's one thing in my life that feels sustainable and aligned with my true self?

"You were born with wings. Why prefer to crawl through life?"

Rumi

Ask Gently: What recently made me smile or feel alive?

When you **heal**, the world heals.
When you **love**, love expands.
When you **vibrate** at a higher frequency,
you elevate everything around you.

Ask Gently: What makes me lose track of time and feel fully present?

You are not alone. You were made to grow. You have what it takes.

You are resilient.

A loving letter

Write a letter to your future self that is inspiring and hopeful:

"This journal is the doorway back to yourself.

You were broken, to be molten—remade by fire into something luminous and whole."

-GATHLINE ETIENNE MD

