

# 8 STEPS TO RESILIENCE

Book Karen to help your team implement these steps  
by emailing: [hello@KarenDeanSpeaks.com](mailto:hello@KarenDeanSpeaks.com)

**01**

Breathe

**02**

Believe

**03**

Set Boundaries

**04**

Embrace Being Perfectly Imperfect

**05**

Focus on What You Want

**06**

Find Happiness Every Day

**07**

Feel the Feelings

**08**

Speak Kindly to Yourself