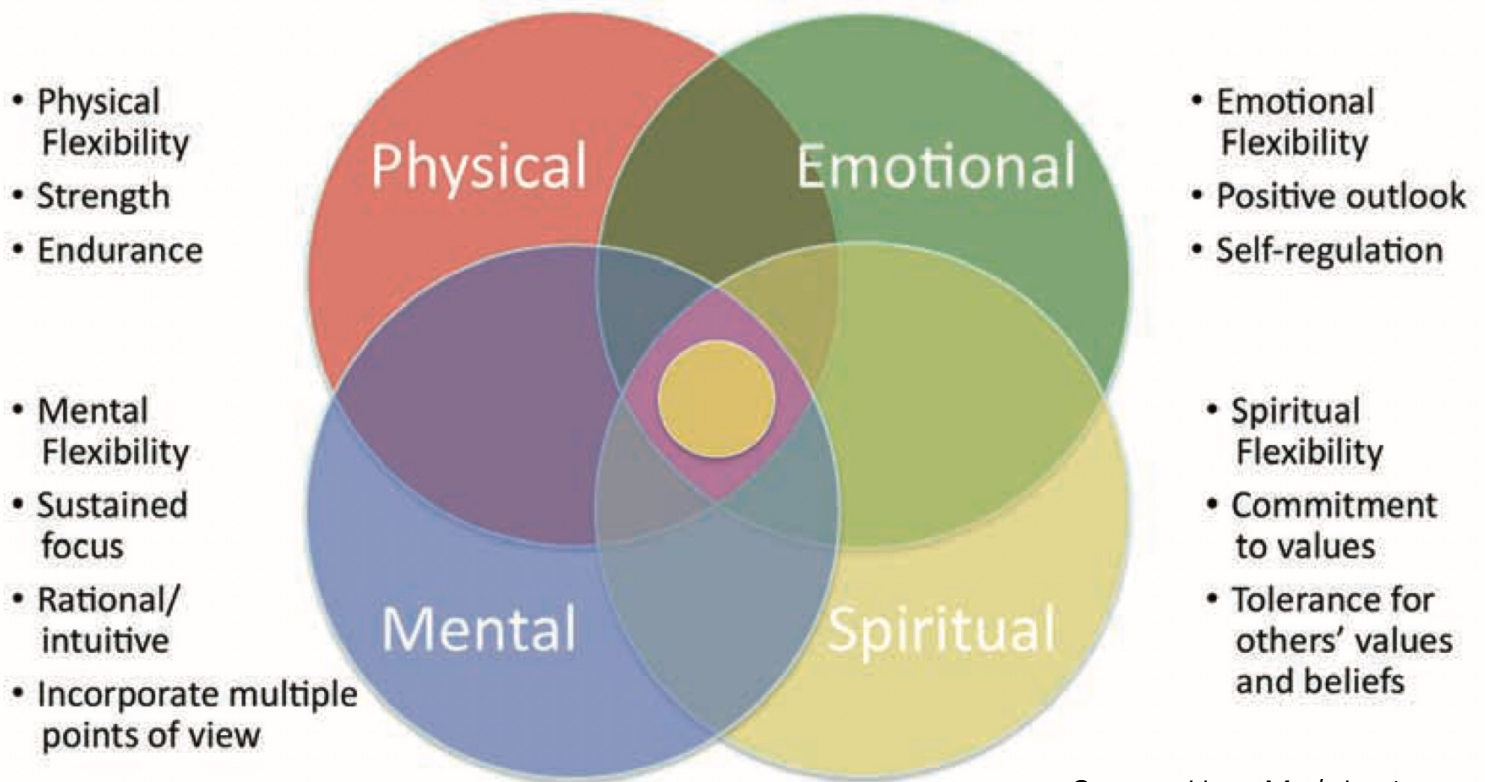


Dimensions of Resilience

WHEN I AM RESILIENT....

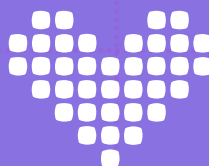
- I have strength, stamina, endurance
- I have inner balance and inner flexibility and I am physically strong
- I can express my emotions in a healthy way
- I have a positive outlook in life
- I can self regulate
- I am emotionally flexible

Dimensions of Resilience



Source: HeartMath Institute

- I have good attention span
- I have the ability to focus that attention
- I have open and curious mind
- I am incorporate multiple points of view
- I am mentally flexibility
- I live in accordance with my core value and beliefs
- I can tolerate other people values and beliefs
- I am spiritually flexible



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"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart"

Helen Keller



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