

✨ Emerge Strong Society: Pause • Reflect • Resilience • Community

Your Resilience Starter Worksheet

Step 1: Pause

Create space for clarity.

Take a few minutes to slow down and reconnect with your present moment.

Prompt:

What is one area of life where I need to pause more often?

- ☐ Work
- ☐ Relationships
- ☐ Health
- ☐ Emotions
- ☐ Self-talk
- ☐ Other: _____

My Pause Practice for Today:





I will take a pause at: _____

Step 2: Reflect

Reframe adversity into insight.

Prompt:

Think of a recent challenge.

- What happened?
- How did it make me feel?
- What did it teach me?







Step 3: Resilience

Integrate mental, physical & social wellness.

Rate yourself today (1 = low, 5 = strong):

Wellness Area Rating (1–5)

Mental Focus ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Physical Energy ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Social Connection ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Which area needs care today? What's one small step I can take?



Step 4: Community

Grow through shared strength.

Prompt:

Who is someone I can reach out to for connection or support today?



Name: _____



What I want to say: _____

 **Daily Mantra:**

“I am learning to pause. I am strong enough to reflect. I am building my resilience. I am never alone in this.”

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