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?

My Pause Practice for Today:	
□ Other:	
🗆 Self-talk	
Emotions	
🗆 Health	
\Box Relationships	
🗆 Work	

🕒 I will take a pause at: _____

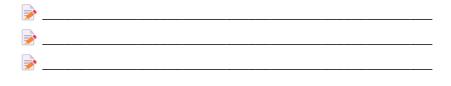
👂 Step 2: Reflect

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)

 $Mental Focus \qquad \Box 1 \Box 2 \Box 3 \Box 4 \Box 5$

Physical Energy $\Box 1 \Box 2 \Box 3 \Box 4 \Box 5$

Social Connection \Box 1 \Box 2 \Box 3 \Box 4 \Box 5

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

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🤝 Step 4: Community

Grow through shared strength.

Prompt:

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

🖶 Name: _____

 \bigcirc 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."

Vant More?

Download more tools or sign up for the Emer; e Strong Society newsletter. Visit the <u>work with me</u> tab for custom sessions or team workshops.