

Resilience Reset: Where You Are and What You Need

A guided pause to reflect, realign, and reconnect with your inner strength.

SECTION 1: Grounding In

Take a quiet moment. Breathe deeply. Let this be your pause.

1 On a scale of 1–10, how connected do you feel to your own calm right now?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

2 Where in your body do you feel stress or tension most often?

3 What helps you exhale — even a little — when things feel heavy?

SECTION 2: Reflection & Awareness

Recognizing what's supporting you and what's draining you.

 Three things that currently give you strength or clarity:

1.

2.

3.

 Three things that are draining your energy or focus:

1.

2.

3.

 When you feel overwhelmed, what story do you tell yourself?

 How could you rewrite that story from a resilience lens?

SECTION 3: Reset Intention

Choose one gentle action to bring yourself back to balance today.

- ☐ Take a walk outdoors
- ☐ Unplug from screens for an hour
- ☐ Journal or stretch
- ☐ Rest and breathe
- ☐ Reach out for support
- ☐ Other: _____

Write your short intention for today:

"Today, I choose to reconnect with my calm by _____."

SECTION 4: Integration & Next Step

Awareness is the first step. The next is choosing connection.

Resilience grows through reflection, but it deepens through guidance and community.

If this check-in helped you notice where your energy feels stuck, explore the next step:

Resilience Alignment Session or Usui Reiki session with the Emer;e Strong Reiki.

 **Visit:** emergestrongociety.com → Reiki + More tab

 **Connect:** Neal Young | *Resilience Strategist*

 *Keep calm and Emer;e Strong...*