

DAILY RESILIENCE ROUTINE

DATE: _____ S M T W T F S

MORNING RESILIENCE PRACTICES:

IN THIS MOMENT, HOW RESILIENT DO I FEEL?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩
A LITTLE LOW TODAY HIGHER TODAY

MY "I AM WORTHY" GOAL FOR TODAY:

PEOPLE IN MY LIFE THAT COULD ENHANCE MY FEELINGS OF RESILIENCE TODAY:

PLACES I LOVE OR HOPE TO VISIT SOON THAT EVOKE FEELINGS OF RESILIENCE:

THREE THINGS I AM GRATEFUL FOR
BECAUSE THEY STRENGTHEN MY
RESILIENCE:

THREE RELAXATIONS SKILLS I COULD
PRACTICE TODAY:

THREE THOUGHTS ABOUT MYSELF
THAT STRENGTHEN MY RESILIENCE:

ONE WORD THAT ENHANCES MY
FEELINGS OF SELF-RESILIENCE:

TODAY, I:

- MOVED MY BODY
- SPENT TIME IN NATURE
- COMPLETED A TEN-MINUTE TIDY OF MY HOME ENVIRONMENT

EVENING RESILIENCE PRACTICE:

IN THIS MOMENT, HOW RESILIENT DO I FEEL?

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A LITTLE LOW TODAY HIGHER TODAY

FREE SPACE FOR DRAWING, WRITING, AND EVERYTHING ELSE