

# Your Resilient Path

Use this sheet as your at-a-glance guide for creating more resilience in any less than ideal situation you find yourself in. Use any of the other worksheets as needed.

1. Am I in a **stress** response? Which of the 4Fs? How can I support myself?

2. What **emotion(s)** am I feeling?

3. What **role** am I playing? What role do I want to play?

4. What **thoughts** do I need to examine and/or redirect?

5. What **boundaries** do I need to set (external/internal)

6. What **Glow Gems** can I give myself to recharge?