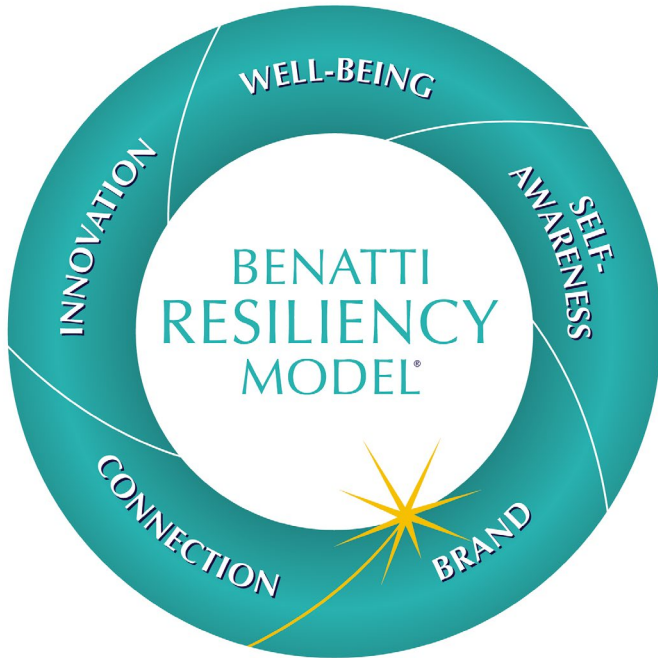


Career ReCharge FRIDAY 5



Well-being:

Physical, emotional, and spiritual health

Self-awareness:

Purpose, mindset, and type

Brand:

Attributes, impact, and reputation

Connection:

Cultivating relationships

Innovation:

Challenging yourself

BOOST YOUR RESILIENCE! *Take five minutes every Friday to answer these questions.*

What were my **resiliency wins** this week?

What is my **resiliency goal** for next week?

What is **my plan** to achieve that goal?

MOVE FORWARD *Ask yourself every day...*

What can I do **today to boost my resilience?**
