

# ReThink Resilience

# 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?

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

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

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**MOVE FORWARD** *Ask yourself every day...*

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

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