



BUILDING RESILIENCE WORKBOOK

By Alice Driscoll Coaching

Resilience buckets

My resilience buckets



physical

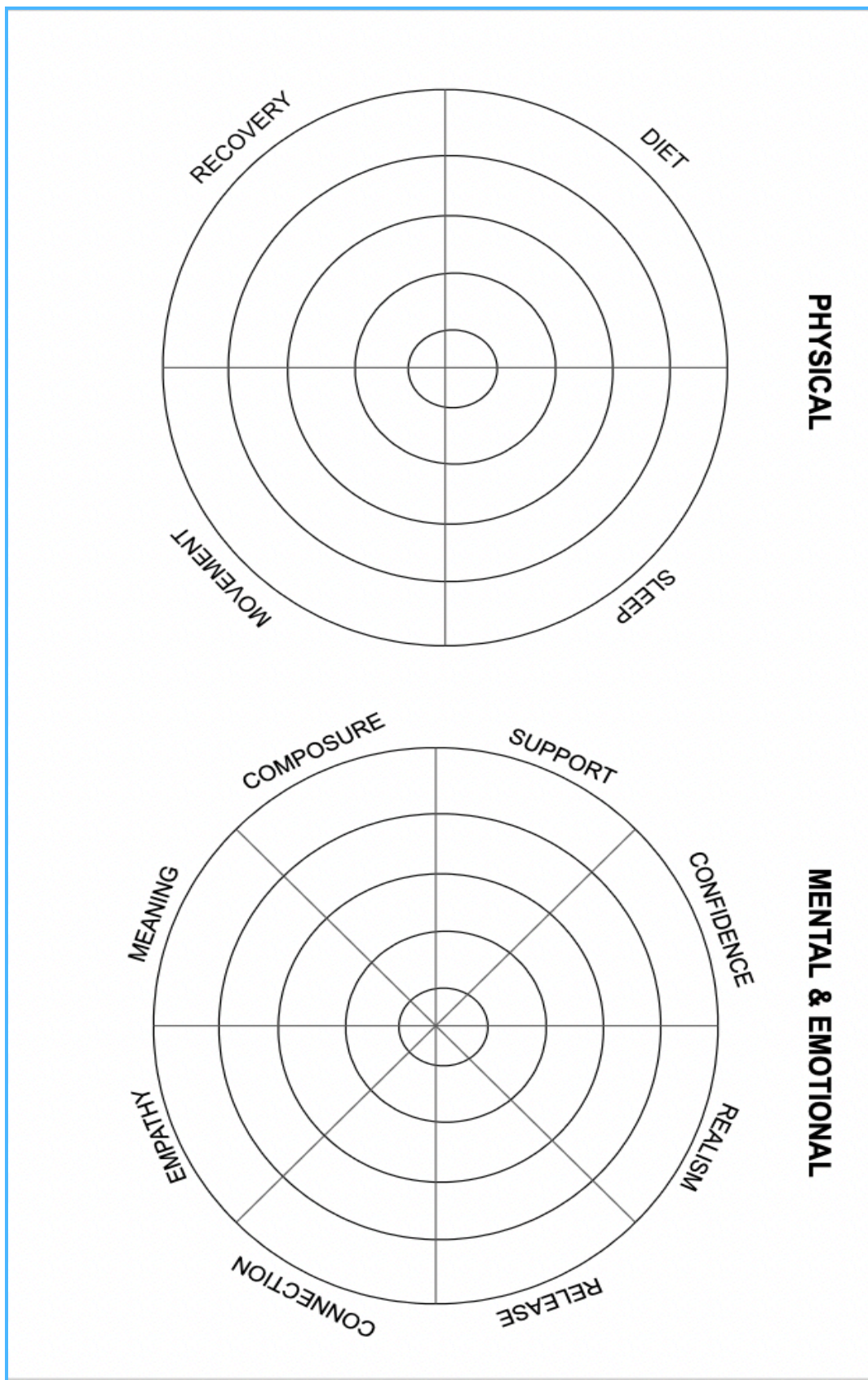


Mental & emotional

Physical: sleep, nutrition, exercise, how we rest and recover

Mental (thoughts): calmness, compassion, and clarity.

Emotional (feelings): agility and ability to observe and regulate our feelings.





My Resting Resilience Rate

Score Each 1-5.

PHYSICAL:

1. SLEEP: How consistently do you get enough sleep?
2. MOVEMENT: I consistently incorporate enough movement into my week
3. DIET: My diet is balanced and gives me the energy I need
4. RECOVERY: Do I know how to physically rest and recover?

MENTAL & EMOTIONAL

1. CONFIDENCE: Do you feel confident in your ability to deal with challenges and improvise solutions with the resources you have available?
2. REALISM: Do I balance optimism and pessimism and focus on what is within my control? Do I make plans that prepare me for possible obstacles?
3. RELEASE: Do I know how to release my emotions and decompress?
4. CONNECTION: Do you make time for relationships (beyond tasks) and are you able to share your challenges and difficulties with others vulnerably?
5. SELF-COMPASSION/EMPATHY: Do you feel comfortable with who you are and the value you bring? Do you have positive self-talk?
6. SUPPORT*: Do you have people who are there for you when you need them, who understand your context and help to give you perspective?
7. PURPOSE/MEANING: Do I ask why me or why not me? Can I create purpose and meaningful constructs out of suffering?
8. COMPOSURE: Are you calm and controlled when experiencing challenge and difficulty?

TOTAL SCORE:

Reflection questions:

What do you notice about your scores?

Where do you need to invest in your resilience?

What are your non-negotiable daily or weekly anchors?

What one tiny thing can you commit to doing from your physical list every single day from now on?

What do you want to find out more about?

Who or what can help you find out more?



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