




RESILIENCE *Game Plan*

 MONTH: _____

-  WHAT'S MOST IMPORTANT? _____
-  WHAT'S MY GUIDING VALUE? _____
-  RESILIENCE AFFIRMATION _____

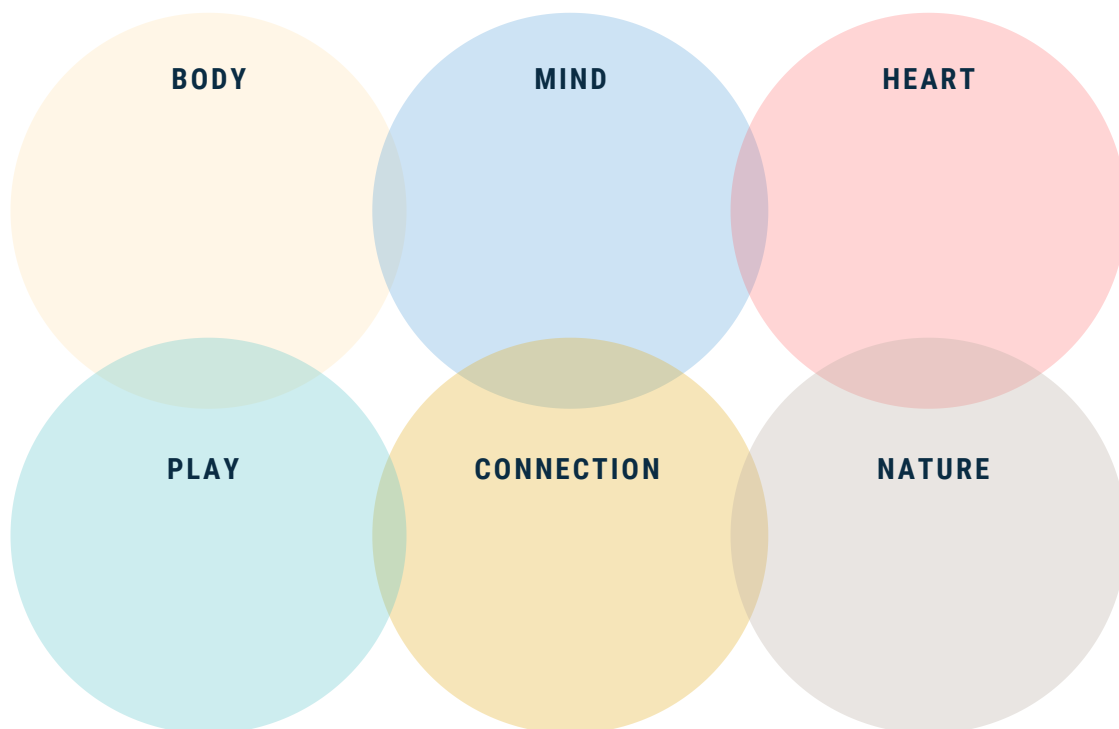
PAUSE RESILIENCE PRACTICES

Write down ONE tool/practice and ONE integration you'd like to focus on this month (see p.2 for list)



SPHERES OF SELF-CARE

For each of the domains of wellbeing below, write ONE way that you would like to take care of yourself in the month ahead.





TOOLS/PRACTICES

PRESENCE

- Mental Exercises:
 - Body Sensations
 - Sound
 - Intention

CALM

- Mental Exercises:
 - Choosing Calm
 - Body Scan
 - Conscious Muscle Relaxation
 - Deep Breathing
 - Mindful Movement/Stretching
- Mental Noting

CLARITY

- Mental Exercises:
 - Awareness of Emotions
 - Gratitude
- Wheel of Emotions
- Daily Gratitude Worksheet
- Savoring

CREATIVITY

- Mental Exercises:
 - Pause Method 3-Min Daily Practice
 - Awareness of Thoughts
 - Open Awareness
- Wise Brain Reps
- Catching the Negativity Bias

CONNECTION

- Mental Exercises:
 - Breathing Kindness
 - Offering Kindness
 - Inner Strength

WISDOM

- Mental Exercises:
 - Inner Refuge
- Building Inner Trust



INTEGRATIONS

PRESENCE

- Single-Tasking
- Focus Blocks

CALM

- One Breath Rule
- Relaxed Productivity
- Attitude of Non-striving
- Minding Your Window of Tolerance

CLARITY

- Name It To Tame It (difficult moments)
- Name It To Fuel It (pleasant moments)
- Survival Brain to Wise Brain
- "This is how it is now; and it will change"

CREATIVITY

- Reframing (find opportunity in challenge)
- What Went Well (Friday reflection)

CONNECTION

- Taming Your Inner Critic (persona)
- Self-Compassion Pause
- Soothing Touch

WISDOM

- Monthly Resilience Game Plan (ritual: read daily)