

# DESIGNED RESILIENCE

This worksheet is my gift to you as a starting point for your Designed Resilience journey. It's an opportunity to take a few moments for yourself and reflect on how well your daily habits and interactions are preparing you for life's unexpected events across the five facets of resilience. Once you know where you are, you can begin to thoughtfully design your resilience.

## Steps:

- Find a quiet place and a few minutes be alone with yourself.
- Pull up the worksheet on your computer, grab a journal, or print out the worksheet to complete it.
- Take 3 deep breaths to bring yourself into the present moment.
- Mark a spot on each facet's line to indicate where you are today on each continuum.
  - Self Concept
    - Capable - I believe in my ability to navigate the situations in life successfully.
    - Incapable - I do not believe in my ability to navigate the situations in my life successfully.
  - Finances
    - Secure - I use a budget, know how I will pay my bills, and am saving for the future.
    - Insecure - I live paycheck to paycheck, have debt, and have no savings.
  - Community
    - Connected - I have at least 3 friends that I share my true self and life with. I know they love and support me.
    - Disconnected - I feel the need to exhibit perfection to the world and do not feel safe to share my authentic self with anyone.
  - Physical Wellness
    - Strong - I move my body in a loving way daily, eat a well rounded diet, and manage my stress.
    - Vulnerable - I don't have a regular movement practice, eat poorly, and am very stressed out.
  - Personal Growth & Development
    - I read, listen to podcasts, watch documentaries, and discuss interesting topics regularly.
    - I reinforce my current ways of thinking by isolating myself from new information.

# DESIGNED RESILIENCE

SELF CONCEPT

CAPABLE

INCAPABLE



FINANCES

SECURE

INSECURE



COMMUNITY

CONNECTED

DISCONNECTED



PHYSICAL WELLNESS

STRONG

VULNERABLE



LEARNING & DEVELOPMENT

ACTIVE

INACTIVE



# DESIGNED RESILIENCE

Now that you have reflected on the current state of your daily habits and how well they are preparing you for life's unexpected twists and turns, you can begin to thoughtfully design your future resilience.

Begin by choosing one facet to focus on for strengthening. This will help you build resilience more effectively than trying to tackle all five facets at once.

Resources to help you design your resilience:

- Designed Resilience YouTube channel - <https://www.youtube.com/@DesignedResilience>

Self Concept books:

- The Mastery of Love - Don Miguel Ruiz
- The Mastery of Self - Don Miguel Ruiz

Finance books:

- The Total Money Makeover - Dave Ramsey
- The Richest Man in Babylon - George S. Clason

Community books:

- How to Win Friends and Influence People - Dale Carnegie
- Boundaries - Dr. Henry Cloud & Dr. John Townsend

Physical Wellness books:

- The Slight Edge - Jeff Olson
- The Whole 30 - Melissa Hartwig Urban & Dallas Hartwig

Personal Growth & Development:

- I Did A New Thing - Tabitha Brown
- Creativity, Inc. - Ed Catmull