

# Resiliency Road Map

Stressor	Emotion and Intensity (1-10)	Behavior	Ideal Vision	Strengths	Automatic Thoughts	Active Thinking & Realistic Response



**Mindfulness**  
What will you do daily to be mindful?



**Act “As If”**  
Situations where a power pose will help you:

Attending a meeting  
Presenting to a group  
Speaking on the phone  
Visiting a client



**Giving**  
List ways you can practice giving in your workplace.



**Gratitude**  
What will you do to express gratitude daily? Weekly?

List other situations where a power pose will help you:



**Goal Setting**  
What process goals will you meet each day? Week?



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