

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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