

BUILDING EMOTIONAL RESILIENCE – "STRONGER EVERY DAY"

Focus: Celebrate past wins, recognize your strengths,
and create a plan to strengthen resilience.

REFLECT AND WRITE YOUR ANSWERS TO THE
FOLLOWING QUESTIONS ON THE NEXT PAGE:

Step 1: Reflect on Past Challenges

Think of a moment when you faced a challenge
and overcame it.

Prompts:

"What happened during that moment?"

"What helped me get through it?"

"What strengths or skills did I use?"

BUILDING EMOTIONAL RESILIENCE – "STRONGER EVERY DAY"

Focus: Celebrate past wins, recognize your strengths,
and create a plan to strengthen resilience.

REFLECT AND WRITE YOUR ANSWERS TO THE
FOLLOWING QUESTIONS ON THE NEXT PAGE:

Step 2: Recognize Your Strengths

Identify the qualities you displayed during this challenge.

Example strengths: persistence, adaptability, courage, patience.

BUILDING EMOTIONAL RESILIENCE – "STRONGER EVERY DAY"

Focus: Celebrate past wins, recognize your strengths,
and create a plan to strengthen resilience.

REFLECT AND WRITE YOUR ANSWERS TO THE
FOLLOWING QUESTIONS ON THE NEXT PAGE:

Step 3: Plan to Build Resilience

Use your reflections to plan a step toward
building more resilience.

Prompts:

"What's one small challenge I can tackle this week
to practise resilience?"

"What strategies can I use to support myself?"

**"Resilience grows one moment at a time.
Every small win builds a stronger you."**

12 WEEK TRANSFORMATIONAL PROGRAM



Unlock your potential with our 12-week transformational program.

Each week focuses on guiding you to dive deep and
discover unique personal insights.

Space is limited to ensure an intimate and impactful experience.

Secure your spot on our waitlist email michelle@itsallconnected.info



www.itsallconnected.info michelle@itsallconnected.info