

**7 HABITS OF HIGHLY RESILIENT PEOPLE:  
Practical, Evidence-Based Ways to Boost Resilience During Challenging Times**

**Worksheet**

**HABIT #1: RESET**

Breathe deeply *through your nose* and *into your belly*

**HABIT #2: REFLECT**

Write freely for two minutes using the following prompts:

- What are you feeling in this present moment?
- What's on your mind?
- What are you feeling in your body?

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**HABIT #3: REFRAME**

Think of a challenge or difficulty you are currently facing. How might you reframe it?

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**HABIT #4: REVITALIZE**

What grade (A-F) would you give yourself on the following?

- Diet
- Exercise
- Sleep

For your LOWEST grade category, what is ONE HABIT you can begin that could make the biggest difference? Or perhaps what is one habit you can STOP doing that would make a big difference?

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**HABIT #4: REVITALIZE** (continued)

What positive changes would you like to make to your media consumption habits?

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**HABIT #5: RELATIONSHIPS**

Who are the 3 most important people in your support network?

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#2

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#3

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What can you do to strengthen each of these relationships?

#1

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#2

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#3

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**HABIT #6: RECREATION**

Which recreational activity helps you recharge the most?

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How much time would you like to dedicate to this activity?

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What specific days and times can you dedicate to it?

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**HABIT #7: ROUTINES**

ACTION ITEM: Create a schedule to intentionally set aside time for the habits above.

- Use an app or an old-school planner
- Know your peak performance times and schedule your most challenging activities for those times
- Pencil in breaks too!
- Have a "cheat" day where you can break free

DUE DATE: *By what date will you create your schedule?*

- Who can help keep you accountable?*