

## Recognizing Resilience Take Action

Something I learned today that made a difference: \_\_\_\_\_

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I commit to try the following strategy: \_\_\_\_\_

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Some other strategies I can try:

- I will record steps I can take, as well as a *timeframe* for each step, to increase my resilience characteristics.
- I will set three goals to work on during deployment.
- I will cultivate my curiosity.

Record the outcomes or experience of my actions: \_\_\_\_\_

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Signed \_\_\_\_\_ Date \_\_\_\_\_



*“Life doesn’t get easier or more forgiving; we get stronger and more resilient.”*

*– Steve Maraboli*