

Resilience Checklist

THE FIVE PRINCIPLES

- 1** You are never alone.
We are joined by a sea of invisible straws. This knowledge gives us hope and strength. It opens our hearts to compassion and empathy and helps to cultivate the virtues of forgiveness and understanding.
- 2** The Universe always says YES.
The universe is predisposed to manifest whatever you hold true with your desire and intention. We are not victims but conscious creators of our destiny and we must guard our thoughts diligently.
- 3** You are the Producer, Director and Actor in the story of your life.
Our thoughts, beliefs, judgements have brought you to the present moment. If you want a different experience of life, you must be prepared to DO things differently.
- 4** Choice is the most powerful tool you have.
You may not be able to choose the circumstances of your life, but you can choose how you respond to them. We can choose our attitude towards every circumstance in life.
- 5** This, too, shall pass.
Nothing lasts forever, neither joy, nor sorrow. Make every moment count, because all aspects of the human experience are temporary and transient. Time really does heal all wounds.

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THE TWELVE STEPS

- 1 ACCEPTANCE**
It is as it is.
- 2 FORGIVENESS**
Things happens for me, not to me
- 3 COMPASSION**
Be kind. Everyone is facing a challenge.
- 4 OPTIMISM**
What are my ten good things?
- 5 VALUES**
What do I stand for?
- 6 STRENGTHS**
What things do I do best?
- 7 HOPE**
Goals, pathways, agency.
- 8 MEANING**
What is my 'Why?'
- 9 HUMOR**
Laughter is the best medicine.
- 10 CONNECTION**
There is a ONENESS to all life.
- 11 MINDFULNESS: MIND, BODY, SPIRIT**
Be STILL.
- 12 GRATITUDE**
The more grateful I am, the more life gives me to be grateful for.