

# Mental Resilience

Using your challenge or stressor, answer the questions below.

**Your Mind**

- What story am I telling myself?
- Do I have any negative thinking patterns?
- What do I need to accept?
- What do I know to be true?

**Your Emotions**

- Do I need to pause?
- If so, can I give myself space?
- What emotions am I experiencing?

**Readiness Potential**

- Does it matter?
- Is it worth the energy?
- What's in my control?
- Am I ready to do something about it?
- If yes, what's my first step?