Resilience WHEEL

RELATIONSHIPS

Self

- · Notice Your Inner Dialogue
- · Pursue Personal Healing
- · Practice Loving Yourself

Loved Ones

- · Commit to Quality Time
- Improve Interpersonal Skills
- · Learn to Set Boundaries
- · Say "I Love You" More

Community

- · Take Time to Volunteer
- Engage in a Social Cause
- Join a Support Group
- · Check out a Meetup

Spirit



RESILIENCE WHFFI

Values

- · Take Values Assessment
- · Identify Your Strengths
- · Learn from Role Models
- · Find a Spiritual Mentor

(Mind





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Coals

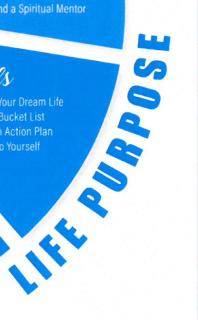
- Imagine Your Dream Life
- · Create a Bucket List
- Devise an Action Plan
- · Commit to Yourself

Body

Passions

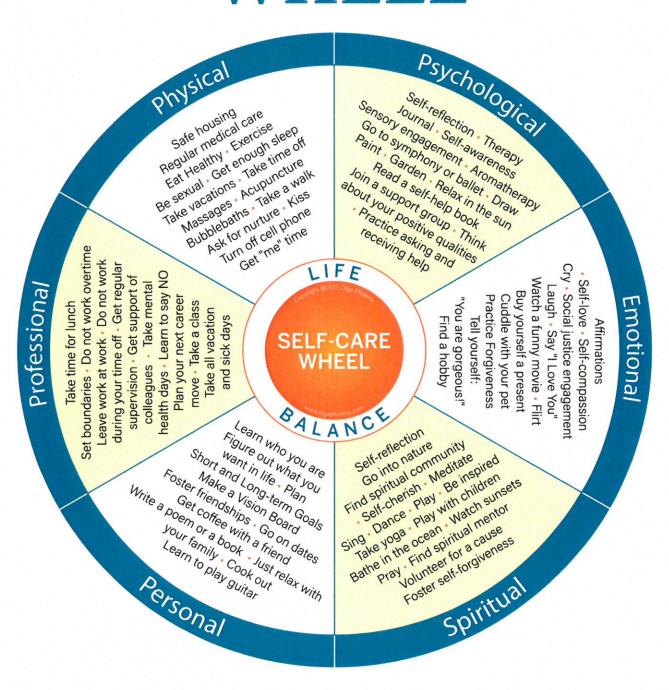
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- · Take Your Passions Inventory
- · Abandon Your Comfort Zone
- · Explore and Try New Things
- · Pursue What You Love



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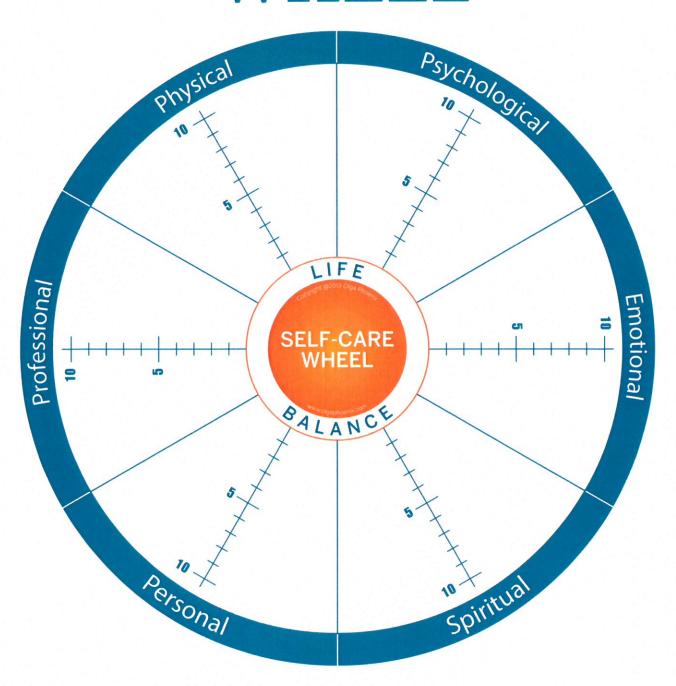
SELF-CARE WHEEL



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