Resilience Wheel

Relationships
- Loved Ones
  - Commit to Quality Time
  - Improve Interpersonal Skills
  - Learn to Set Boundaries
  - Say "I Love You" More
- Self
  - Notice Your Inner Dialogue
  - Connect to Your Body
  - Pursue Personal Healing
  - Practice Loving Yourself
- Community
  - Take Time to Volunteer
  - Engage in a Social Cause
  - Join a Support Group
  - Check out a Meetup

Self-Care
- Spirit
  - Write Gratitude Lists
  - Adopt Journaling Routine
  - Connect with the Universe
  - Spend Time in Nature
- Mind
  - Gain Positive Coping Skills
  - Learn How to Self Soothe
  - Practice Meditation
  - Utilize Digital Detox
- Body
  - Learn Nutrition Basics
  - Adopt Exercise Routine
  - Make Sleep a Priority
  - Relax and Restore
- Passions
  - Take Your Passions Inventory
  - Abandon Your Comfort Zone
  - Explore and Try New Things
  - Pursue What You Love

Life Purpose
- Values
  - Take Values Assessment
  - Identify Your Strengths
  - Learn from Role Models
  - Find a Spiritual Mentor
- Goals
  - Imagine Your Dream Life
  - Create a Bucket List
  - Devise an Action Plan
  - Commit to Yourself

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