

**BUILDING RESILIENCE (emotional & mental strength)**

**Session 9. Find authentic joy**

**Notes**: “Wow” moments (make a note of the things which make you “click”…ie “wow moments” eg. key ideas, thoughts or statements – you can then refer to them in future)

**FULL LIFE AUDIT (www.inc.com):**

1. What are my assets and liabilities (not just things but also personality traits, skills, habits, etc.)?
2. How could I be kinder to or support myself?
3. How could I be kinder to or support others?
4. What would I still like to learn and how could I do so?
5. Do I have one to five good friends I can trust and count on?
6. Do I feel energized, neutral, or let down about my work?
7. Am I in good health or pursuing it to the best of my ability?
8. Do I spend my free time doing a variety of enjoyable activities?
9. What emotion is dominant for me?
10. What do I get excited about consistently?
11. What core principles (e.g., honesty) do I have, and how does my way of living reflect them?
12. What would I do with more or less money?
13. What am I grateful for and why?
14. What do I regret and why?
15. How close is what I'm doing professionally to what I dreamed of doing?
16. Am I consistently challenging myself?
17. What fears do I have?
18. What are the top five words I think others would use to describe me?
19. What are the top five words I would use to describe myself?
20. Are the motivations behind my original goals still present?
21. What do I find myself daydreaming about when I'm supposed to be doing other things?
22. What is my financial or material standard of living, and have I achieved it?
23. What in my current environment do I like or dislike?
24. How am I influencing others for better or worse?
25. Is my income stable?
26. How is my weight?
27. Do I feel confident in my appearance?
28. Do I feel like I have worth?
29. Can I do most things with independence and confidence?
30. Am I able to make decisions easily?
31. Am I able to lead myself and others spiritually?
32. What goals do I have?
33. Why didn't I meet goals I've previously had?
34. Am I engaged in personal development?

**How can I reframe my past?**

**Envisioning my ideal future**

1. What do I love about my life right now (ie. Things I want to “take” with me)
2. What do I feel is “Missing” – and how do I find it?
3. What do I want people to say of me when I’m gone/What impact do I want to make on the world?
4. Do I have a daily routine, and how can I be more intentional?
5. What ONE thing could I do now that would bring me closer to my ideal?
6. What is one negative view I need to remove?
7. How can I do more of what I love daily?
8. What can I do to incorporate more self love/care into my day?

**My best plotlines**

* What are your biggest accomplishments last year?
* Identify 3 of your most joyful moments
* Identify 3 things you did well/are proud of
* When things go wrong – focus on your positive intentions, and learn from the mistakes
* Identify 3 times you showed courage
* Identify 5 people you have helped in your life
* Go and express gratitude (right now) to the people who love and support you.

**End of day reflection**

* What did I do well?
* What could I have done better?
* What can I learn from today?
* What will I do differently tomorrow/in the future?

**Managing emotional tilt**

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| --- | --- | --- |
| **Trigger** | **Consequence** | **Alternative** |
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Text

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**Find Joy in yourself:**

* **PLAY/LAUGH like a kid**
* **Get out in nature**
* **Learn something new (achievement makes us feel great)**
* **Stroke a pet (oxytocin)**
* **Practice gratitude**
* **Listen to music/dance/jump around**
* **Meditate – ACTIVE OR CALMING**

**www.draudreyt.com**

**YouTube: Dr Audrey Tang https://www.youtube.com/channel/UCnn8-Waxrg6TmuNPHL1NQmg?view\_as=subscriber**

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