

RESILIENCE BOOK

Cultivating Inner Strength



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*"The world breaks everyone; and afterwards many are
strong at the broken places"*

Ernest Hemmingway





**THIS WORKBOOK
BELONGS TO**

A large white rectangular area with a folded paper effect, intended for a name. The area is framed by a thick yellow border and a thin white border. The top corners of the white area are folded over, creating a 3D effect.



Tapping-in
...actions & awareness

Resilience Moment

Remember a difficult moment in the past that made you stronger!

1. <i>Situation</i>	2. <i>Challenge</i>
3. <i>Response</i>	4. <i>Result</i>

What actions helped at that moment?

Actions

What were your sources of strength?

Awareness

Resilience Moment

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Awareness

Actions & Awareness

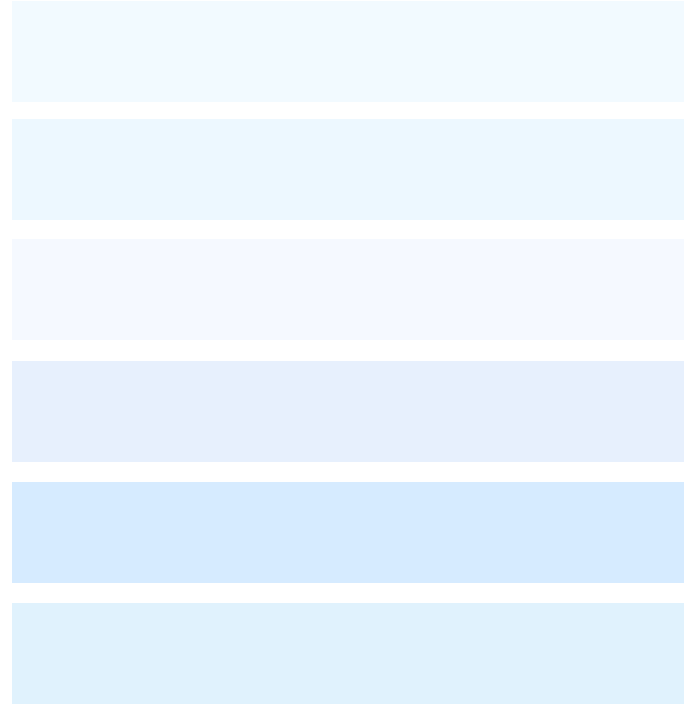
Actions and Awareness that helps in turbulent times

Actions that support me



A vertical stack of seven horizontal bars of varying shades of pink and red, intended for writing actions that support the user.

Awareness that strengthens me



A vertical stack of seven horizontal bars of varying shades of blue, intended for writing awareness that strengthens the user.



Cultivating

..for emergent complexities

Gratitude

What are you grateful for?

For:

For:

For:

For:

Honoring Your Pain

How do you see your current moment?

I feel like:

I fear:

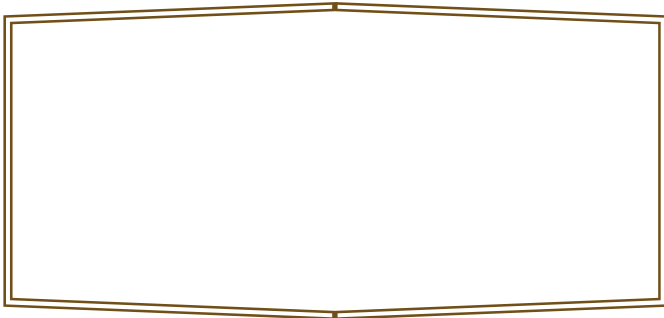
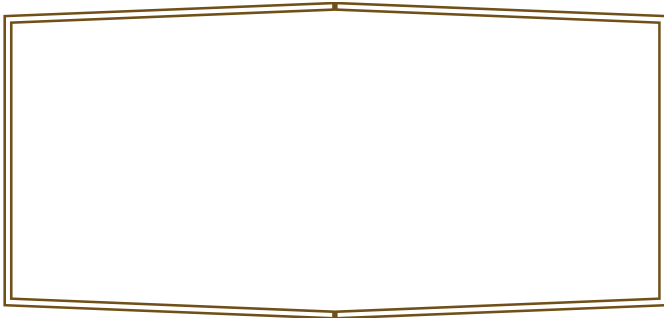
I am annoyed/frustrated at:

I wish:

Seeing with New Eyes

How would you like to see the change?

Metaphors



Characteristics

.....

.....

.....

.....

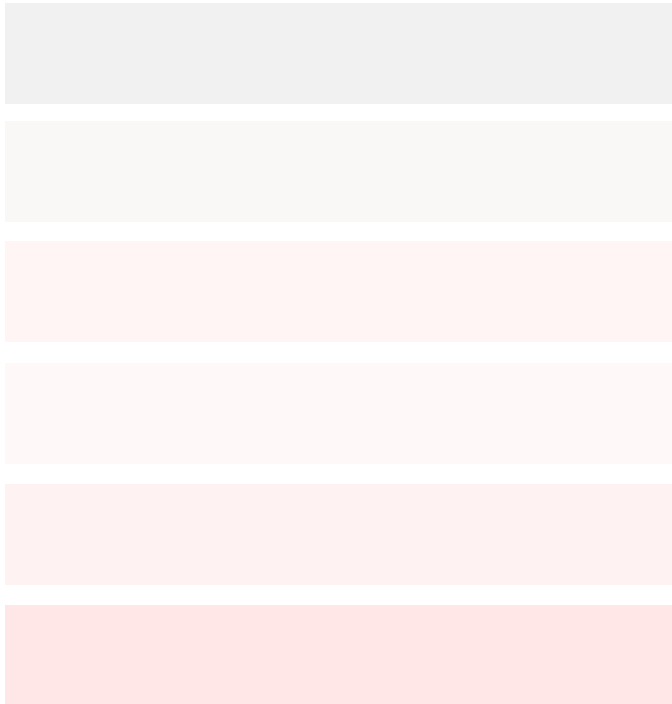
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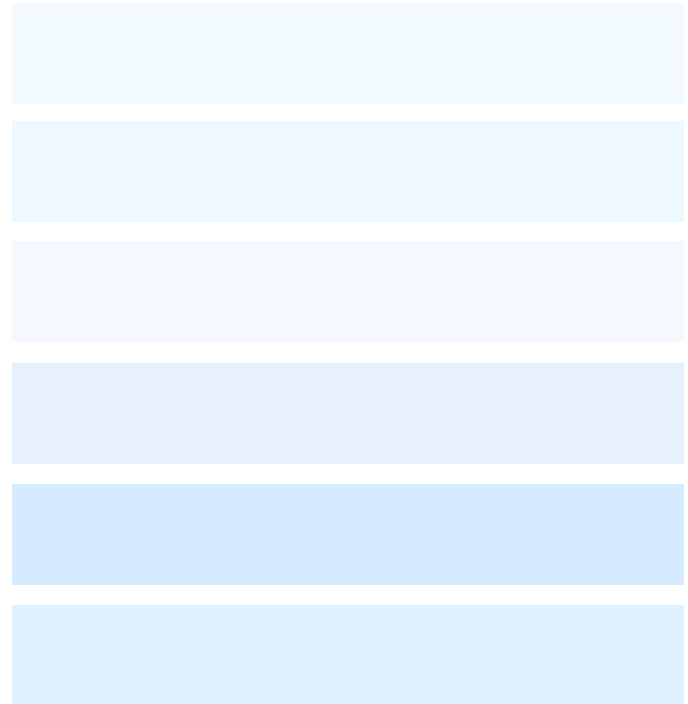
Actions & Awareness

Actions and Awareness that helps in turbulent times

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Awareness that strengthens me



Going Forth

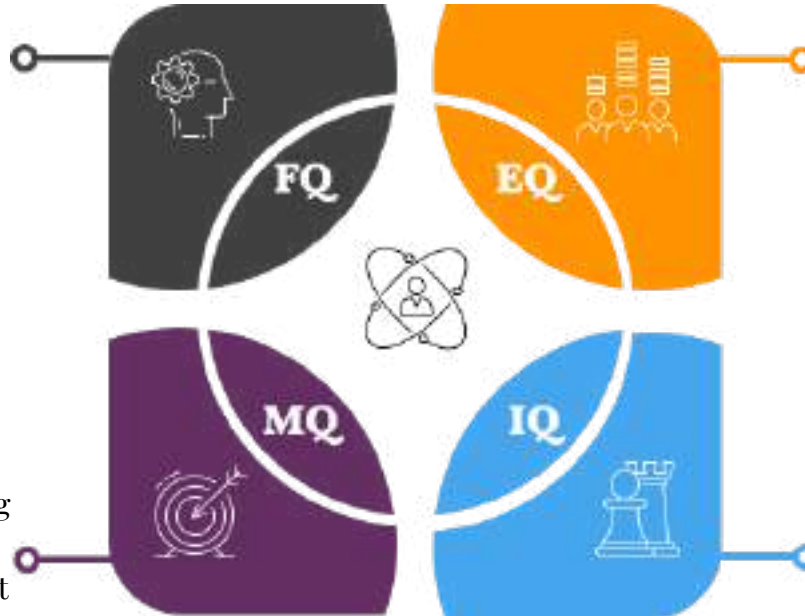
..with practices & engagements



Holding on to...

Fitness Quotient

- Physical Strength
- Vitality
- Mental Balance
- Lifestyle
- ...



Emotional Quotient

- Grief Processing
- Psychological Safety
- Collaboration
- Communities
- ...

Meaning Quotient

- Values Driven Living
- Purpose & Legacy
- Quest/ Contentment
- Adventure/ Flow
- ...

Intelligence Quotient

- Knowledge
- Creativity
- Innovation
- Future of Work
- ...

Practices & Engagements

Which practices and engagements would you say yes to? To which you would say no?

	Practices	Engagements (People/ Networks)
YES!		
NO!		

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*"I am not what happened to me;
I am what I choose to become."*

Carl G. Jung



LEARNING

Meaning Quotient - MQ Learning is a Swiss-based EduQua certified Academy focusing on deepening humanistic skills in people and organizations.

mq-learning.com

