

How to Build Strength and Resiliency During Challenging Times Masterclass



A 10-step roadmap to becoming stronger,
happier, calmer and more resilient
during times of challenge!

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#1 - START WITH _____ . _____ IT DOWN

What do our brains do in times of crisis?

What do I really _____? Write it down.

TAPPING:

Even though I'm _____, I acknowledge and accept how I'm feeling.

Even though I'm _____, I choose to relax and breathe into my body.

Even though I'm _____, I choose to know that everything will be ok.

#2 - RECOGNIZE _____ AND _____.

In _____.

#1 - _____

#2 - _____

#3 - _____

#4 - _____

#5 - _____

Not in _____.

#1 - _____

#2 - _____

#3 - _____

#4 - _____

#5 - _____

.....

TAPPING:

Even though _____, I acknowledge and accept how I'm feeling.

Even though _____, I choose to relax and breathe into my body.

Even though _____, I choose to focus on what I can control.

#3 - FIND _____.

List 3 Things:

#1 - _____

#2 - _____

#3 - _____

**#4 - RECOGNIZE THAT CHALLENGING TIMES BRING _____
_____ FOR _____.**

_____ leads to _____. _____ leads to _____

Find the _____.

List 3 _____:

#1 - _____

#2 - _____

#3 - _____

.....

#5 - BUILD AN _____

Here's What My _____:

List 3 Things That You Can _____:

#1 - _____

#6 - CHALLENGE YOUR _____ AND _____.

If you don't _____, you _____

3 Ways to _____:

#1 - _____

#2 - _____

#3 - _____

3 Ways to _____:

#1 - _____

#2 - _____

#3 - _____

.....

#7 - PRACTICE _____ AND SIMPLY _____.

Challenge yourself to _____

List 3 Things That You _____.

#1 - _____

#2 - _____

#3 - _____

#8 - DIAL IN YOUR _____ AND _____.

List 3 _____ That You Will _____.

#1 - _____

#2 - _____

#3 - _____

#9 - NOTICE WHAT _____ YOU ARE ALLOWING TO _____.

List the 5 _____ that you are allowing to _____ you the most right now:

#1 - _____

#2 - _____

#3 - _____

#4 - _____

#5 - _____

Is _____ positive or negative? If it's negative, make a change!

.....

List the 5 _____ that you are allowing to _____ you the most right now:

#1 - _____

#2 - _____

#3 - _____

#4 - _____

#5 - _____

#10 - ASK FOR _____!

List 5 _____ that you could _____.

#1 - _____

#2 - _____

#3 - _____

#4 - _____

#5 - _____

You've got this! Remember, everything you need is within you now! All you need to do is tap into it (pun intended) to get through any challenge you're facing!