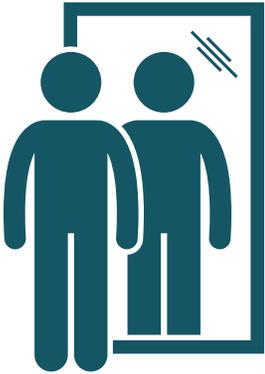


5 STEPS TO A MORE RESILIENT YOU

Quickly build resilience so you can fully engage in the things that matter most to you.

1



CATCH YOURSELF BEING YOURSELF.

Yep, catch yourself doing that thing you do that keeps you from handling life's intensities well. It's become a habit. It has a pattern.

- Could look like needing to be in control.
- Could look like not caring.
- Could look like freaking out like your hair's on fire.
- Could sound like a screaming Mimi, barking orders.
- Could be jumping into action too soon.
- Could be working too hard, for too long, too often.
- Could be hanging back hoping 'it' will all go away or that someone else will step in to take care of it.

2



PAUSE. BREATHE.

It's important to notice the impact of your pattern on your body, your Self, so you can move to shift it to a new pattern that's more resilient - reflecting your choices.

Start with a pause to observe the ways your tiny little self (you know, the one who crazily runs the pattern day in and day out) shows up in search of security or recognition.

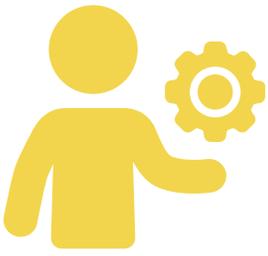
The next place to look is to your breath. Is it short, staccato, shallow? Do you find yourself holding it?

Compromised breathing can lead to strange thinking, tangled emotions, and weird behaviors. (You know, the ones above that result in exactly what you don't want in your life). And, it reinforces your pattern.

So, take an uplifting breath in, connecting to your Core Presence (your Bigger Self) and rise up in your spine, feeling yourself tall.

Exhale long, bring to mind something that makes you smile. Settle here for a bit. Enjoy three full, long breaths.

3



TUNE INTO YOUR BODY.

When stressed, we tense up. It's simple biology. Over time our pattern takes on a physical shape whether we realize it or not. We usually don't notice until something hurts.

So, notice where you're holding tension. Typical places to take a look are:

- a. Your face, eyes, jaw, mouth
- b. Your shoulders, arms, hands
- c. Your hips, butt, legs, feet

Take another deep breath or two, and on your long exhalation, direct your attention and breath to an area of tension, creating a bit of space for the tension to release.

Repeat three times, then as often as needed.

4



EXTEND KINDNESS TO YOURSELF FIRST.

In a world where being right, performing at all costs, and making shit happen are highly valued, it's no wonder we berate ourselves, but it doesn't help, does it? Plus, berating reinforces the pattern that's not working.

Besides, it costs a lot in energy and self-respect.

Using an affirmation, quote or mantra can really help in extending kindness first to you little self (your inner self will smile, I promise).

Here's one to try, though you can make up your own to fit your life best. Read it through first, then inhale and uplift, saying it to yourself at least three times.

*May I be filled with kindness. May I be well. May I be peaceful and at ease.
May I be happy.*

5



EXTEND KINDNESS TO OTHERS.

Begin by extending kindness to your loved ones.

Follow by extending kindness to people you run into every day, but may not know at all, like the grocer, gas station attendant, or a barista.

Next, extend kindness to people or causes in the world that are important to you.

If you dare, extend kindness to that annoying colleague, difficult neighbor, etc. Remember, we all have little selves who need our kindness to grow and shift.

Lastly, complete by extending kindness again to yourself once more. This is where it all begins, with the energy of your Core Presence™.

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1



***CATCH YOURSELF
BEING YOURSELF.***

2



PAUSE. BREATHE.

3



***TUNE INTO YOUR
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4



***EXTEND KINDNESS
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5



***EXTEND KINDNESS
TO OTHERS.***