Resilience web

**Color in each wedge with how resilient you feel you are in each area.
The more of each wedge you color in, the more resilient you are in that domain.**

RESILIENCE

- Self-efficacy & resourcefulness
- Openness to change
- Emotional health & self-regulation
- Supportive relationships & interdependence
- Awareness of self and others
- Functionality and mobility
- Parasympathetic - sympathetic balance; vagal tone
- Sleep and other recovery modalities
- Endurance and capacity
- Physical environment
- A sense of larger purpose and/or meaningful life values
- Joy, pleasure & happiness
- Doing what matters, consistently
- Clear purpose & priorities
- Growth mindset & learning from setbacks
- Mindfulness & "presence"