

Building Resilience – Mindset

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.

Develop Self-Awareness

As humans, we grow when we learn, and we learn when we reflect on who we are. Becoming self-aware helps us to navigate relationships, work, and the rest of the world around us.

Instructions:

For best results, read through the entire challenge checklist before you begin, and then pencil in each item on your ALD planner for the month. Put a check by each action as you complete them.

Materials you will need: Pencil and paper or journal or your phone's notepad. If you can, print this sheet and add it to your ALD Action Planner.

Goal: Your goal is to begin a regular practice of daily self-awareness reflection for the next 30 days.

Start date _____

Completion date _____

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|--------------------------|---|--|
| <input type="checkbox"/> | 1. Understand Self Awareness | Action: Watch <u>Increase your self-awareness with one simple fix</u> |
| <input type="checkbox"/> | 2. Learn about the various types of awareness reflection | Action: Read this Wiki on <u>how to reflect</u> |
| <input type="checkbox"/> | 3. Set a time for reflection | Action: Decide on a regular time every day to practice reflection. Add it to your schedule. |
| <input type="checkbox"/> | 4. Practice self-awareness reflection | Action: Try one of these meditations for reflection <ul style="list-style-type: none">• <u>https://youtu.be/dEzbdLn2bJc</u>• <u>https://youtu.be/taxs_vhixgs</u> |
| <input type="checkbox"/> | 5. Reflect of Lessons Learned | Action: In your ALD journal, answer these questions: <ul style="list-style-type: none">• How will my self-awareness and reflection impact my mindset?• Which of self-awareness reflections should I do every day? AND why? |