## **Resilience Audit**

| Sleep Hygiene |
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| Nutrition |
| Exercise |
| Outdoors |
| Fun/Humour |
| Connection to Others |
| Downtime |
| Gratitude |
| Presencing Practices |
| Recognise Wins |
| Limit Technology |
| Connect to Your Why |
| Challenge Yourself |
| Develop Your Strengths |

How do you invest in your resilience?

How satisfied are you in each of the above areas?

What would you like to do more of to boost your resilience?

How will you do that?