



RESILIENCE

MINDSET SHIFT. IF-THEN PLAN. GRATITUDE



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PROFESSIONAL NEW BALANCE RUNNER

RESILIENCE TIPS

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FIXED MINDSET	GROWTH MINDSET
THIS IS TOO DIFFICULT FOR ME	
I WON'T TRY TO DO THIS BECAUSE I KNOW I CAN'T	
THIS IS TOO EASY FOR ME	
I'M AFRAID I MIGHT MAKE A MISTAKE	

TRIGGERS (list things that cause stress/pull your focus away):

IF- THEN (IF I'm faced with this challenge/trigger, THEN I'll do this):



RESILIENCE GRATITUDE JOURNAL

CELEBRATE GRATITUDE

LIST FIVE THINGS YOU'RE GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____

PEOPLE I'M GRATEFUL FOR

LIST THREE PEOPLE THAT YOU'RE GRATEFUL FOR

1. _____
2. _____
3. _____

WHAT I AM LEARNING FROM MY CHALLENGES

LIST THREE OBSTACLES AND WHAT YOU ARE LEARNING FROM THEM

1.
WHAT I'M LEARNING...
2.
WHAT I'M LEARNING...
3.
WHAT I'M LEARNING...