

Daily Habits for Building Resilience

Instructions

Use this checklist to track and reinforce daily habits that help build resilience. Commit to these practices consistently and note your progress each day.

- **Morning Routine:** Start your day with a consistent, empowering morning routine.

Progress Notes: _____

- **Gratitude Practice:** Write down three things you are grateful for daily.

Progress Notes: _____

- **Physical Activity:** Engage in at least 30 minutes of exercise or physical movement.

Progress Notes: _____

- **Mindfulness:** Spend 10-15 minutes in meditation, prayer, or quiet reflection.

Progress Notes: _____

- **Learning:** Dedicate time to reading, listening to a podcast, or learning a new skill.

Progress Notes: _____

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- **Positive Affirmations:** Speak positive affirmations aloud to build confidence and resilience.

Progress Notes: _____

- **Connection:** Reach out to a friend, family member, or mentor to maintain meaningful relationships.

Progress Notes: _____

- **Healthy Nutrition:** Plan and consume balanced meals to nourish your body and mind.

Progress Notes: _____

- **Journaling:** Reflect on your thoughts, challenges, and victories of the day in a journal.

Progress Notes: _____

- **Evening Routine:** End your day with a routine that promotes relaxation.

Progress Notes: _____

