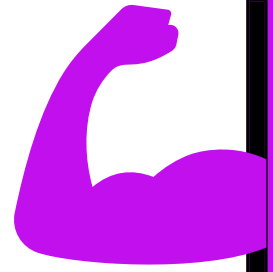


Resilience

STRATEGIES

*Let's Build our Resilience Toolbox
with Dr. Joy
Email: joynow@joymcneil.com*



What calms you and makes
you feel confident?

How do you show your body you value it?

•What is one sentence you can write and say in support of yourself and your journey?

What are some ways you replenish your
energy bucket?

Where do emotions show up in your body?

Write an affirmation
about your health.

What is one place you've always
desired to travel?.

How will you show yourself
compassion this week?

Resilience

STRATEGIES



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What are some positive characteristics of your future self?

What is in your control? What is out of your control? Be specific.

What strengths and resources do you hold to face the challenges in your life?

Write two true and valid statements about yourself that you believe wholeheartedly.

One example of a boundary I plan to set in the next 7 days is:

I am...

I need...

I want...



THINGS THAT I LIKE ABOUT MYSELF.

1

2

3

4

5

SELF love



IN THE SPACES BELOW, LIST 30 WAYS YOU CAN SHOW LOVE, COMPASSION,
HONOR AND VALUE TOWARD YOURSELF **OVER THE NEXT MONTH**

Email Dr. Joy a photo or copy of your 30-day self love plan.
joynow@joymcneil.com

