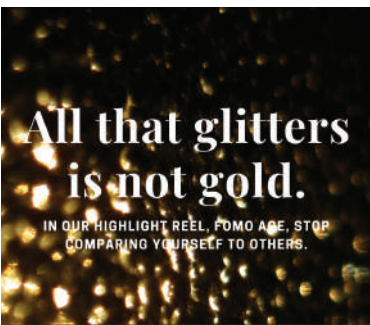


A More Resilient 2021



TAKE OUR 2021 **12 x 12 challenge**

Each month, get intentional about one of the 12 self-care resilience strategies and put it into practice. Make it even more fun. Recruit 4 of your friends and keep each other accountable together.

January: Tap Into Your intuition

Our gut is often overlooked as a key decision-making tool. Here are three strategies for increasing your intuition. Which one will you try this month?



- 1. Get quiet** – find a quiet spot, grab a pen and journal out what's really on your mind about a specific situation or opportunity.
- 2. Strengthen your mindfulness muscle** – download the Calm app and start with 5 minutes of mindfulness every day for a month
- 3. Voice your intuition** – instead of keeping quiet, bring your intuition into conversations by sharing it.

Which strategy are you going to use? _____

30 days later...

What have you noticed? _____

What have you learned? _____

What will you do next? _____



February: Yay, You!

We all have negative self-talk from time to time. Building our celebration muscle is one of the best antidotes to sadness and feeling blue. Take this next month to capture 3 small, medium or large wins you've had each day. Start with today:



- 1. _____
- 2. _____
- 3. _____

30 days later...

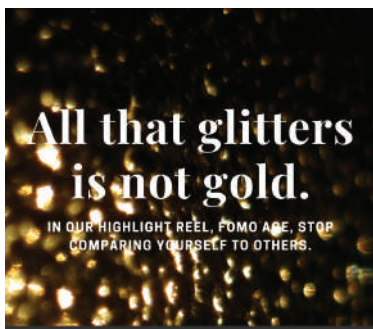
What have you noticed? _____

What have you learned? _____

What will you do next? _____

March: Everyone Has Sh*t Going On

Comparing yourself to others is the quickest way to take a hit to your self-confidence and happiness levels. Remember, behind the veneer, we all have struggles, imperfections and self-doubt. Practice positive affirmations to build your inner confidence using the phrase I am. What 3 phrases do you want to be intentional with this month?



I am _____

I am _____

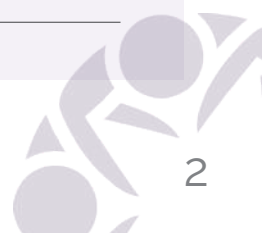
I am _____

30 days later...

What have you noticed? _____

What have you learned? _____

What will you do next? _____



April: Make a Connection

From a shared smile with a stranger to deep, meaningful conversations with the people we love, positive social connections are a key factor in the lives of people who demonstrate high levels of resilience. List 3 people you want to reach out and reconnect with this month:



- 1. _____
- 2. _____
- 3. _____

30 days later...

What have you noticed? _____

What have you learned? _____

What will you do next? _____

May: Mix It Up

As the adage goes, a change is as good as a rest. When you're feeling unproductive, bored, stuck or simply in need of a change of scenery, what will you do? From stretching your legs to rearranging your home office, get creative about infusing a little something different into your routine. List 3 ways you can shake things up this month.



- 1. _____
- 2. _____
- 3. _____

30 days later...

What have you noticed? _____

What have you learned? _____

What will you do next? _____



June: Get Your 2021 A-Team Ready

From a shared smile with a stranger to deep, meaningful conversations with the people we love, positive social connections are a key factor in the lives of people who demonstrate high levels of resilience. List 3 people you want to reach out and reconnect with this month:



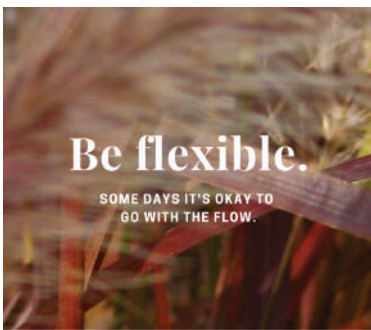
NAME	WHAT YOU APPRECIATE ABOUT THEM

30 days later...

- What have you noticed? _____
- What have you learned? _____
- What will you do next? _____

July: Take the Pressure Off

All pressure is internal. As human beings we have the not-so-useful habit of putting unnecessary pressure on ourselves. Identify one place in your life where you're putting unnecessary pressure on yourself and consider what the "facts" are about the situation and what the "fiction" (story you're telling yourself) is. Practice this over the next month to see what insights you gain.



- Where am I putting pressure on myself? _____
- What are the facts (truth) about this situation?

- What's the fiction (story I'm telling myself) about this situation?

- What new insights do I have and how will I move forward?

30 days later...

- What have you noticed? _____
- What have you learned? _____
- What will you do next? _____



August: Fight the Overwhelm

Goals — personal and professional — fall by the wayside when we get overwhelmed. Breaking down projects into more bite-sized tasks can boost our "micro-productivity" — smaller daily actions that move us quickly towards our bigger goals. August is the perfect time to plan for the upcoming final 3 months of the year. What do you want to achieve?



My big Q4 goal is...

The 3 things I need to do to achieve this goal are:

1.

2.

3.

To get #1 done, I need to do:

1.

2.

3.

To get #2 done, I need to do:

1.

2.

3.

To get #3 done, I need to do:

1.

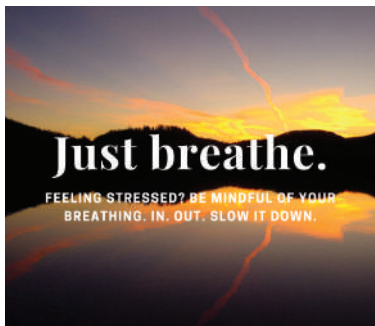
2.

3.



September: Find Your Release

The next time that you feel stressed, anxious, overwhelmed or unable to focus, try slowing down your breathing. It will help you feel more in control in the moment. But, let's go beyond the moment... stress builds over time, taking its toll on you and, in some ways, on those around you. Whether it's something that gets your creative juices flowing or being more intentional about having fun, finding ways to release the stress and negativity in our lives helps us to become more courageous, more resourceful and more resilient. Write down your 3 "stress releasers."



1. _____
2. _____
3. _____

30 days later...

- What have you noticed? _____
- What have you learned? _____
- What will you do next? _____

October: I'm Grateful For...

People who reflect upon the things they're thankful for experience more positive emotions and greater happiness. When we can make gratitude a daily ritual, it enriches every part of our life, and improves both our psychological and physical health. Each day think of 3 things you are thankful for and jot them down. Whether it's good book, a nice cup of tea or that special someone who went out of their way for you, we all have things to be grateful for.



1. _____
2. _____
3. _____



30 days later...

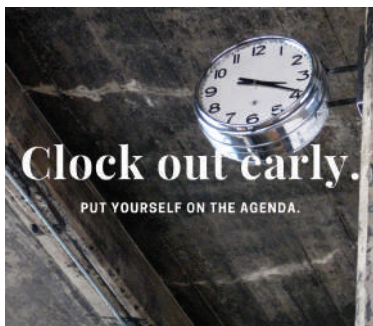
What have you noticed? _____

What have you learned? _____

What will you do next? _____

November: Carve Out Time for Yourself

We can't be our best versions of ourselves if we're tired or not enriching our hearts and minds. What is one self-care practice you want to start this week? Add one small thing each week until you feel like you've got the right balance.



This week I will...

30 days later...

What have you noticed? _____

What have you learned? _____

What will you do next? _____

December: Practice Random Acts of Kindness

December can be a stressful month for many. Helping others helps to lower our stress levels and boost our own emotional and physical wellbeing. No act of kindness, however small, is ever wasted. Jot down at least 3 simple, random acts of kindness and then get started sowing seeds of goodness!



1. _____

2. _____

3. _____



We hope you have enjoyed our
**12-month, 12-exercise guide to a
happier and more resilient 2021.**

**Wishing you a joy-filled,
courageous and abundant 2022.**

*Want monthly tips to lead with intention, have more
impact, and be more curious and creative?*

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