

# Exercise #1

Reflect on these questions, and record your notes below.

## Questions to Consider

Which of the following “muscles” do I prefer to use most when facing challenges?

Which muscle do I least like using? Why might be?

## Resilience Muscles

### CONNECTION

*Building on relationships with others, and drawing on them for support and encouragement.*

### PRIORITIES

*Being clear about what’s most important, and aligning our energy and actions accordingly.*

### STRUCTURE

*Applying systems and processes to get things done, and planning and thinking things through.*

### EXPERIMENTING

*Trying new things, taking some risk, and being uncomfortable.*

### CREATIVITY

*Viewing situations from multiple perspectives, suspending judgment, and tolerating ambiguity.*

### POSITIVITY

*Seeing hope and possibility in the midst of ambiguity and adversity.*

### CONFIDENCE

*Recognizing our own efficacy and capabilities to master challenges.*

# Notes