

A STRENGTH-BASED MENU

# 25 Practices for Building Resilience

A complete map of the practices in your guide, organized into five interconnected domains. You do not need to do all of them — choosing two or three that genuinely call to you will support your growth more than attempting many at once.

**How to use this map:** Notice which domain feels most alive for you right now and which feels neglected. Both are useful information. Resilience grows when these five domains are tended to, gently and consistently.

<p><b>MIND</b> <i>how you think</i></p> <ul style="list-style-type: none"> <li>01 Cultivate a growth mindset</li> <li>14 Soften negative self-talk</li> <li>17 Visualize possibility</li> <li>20 Maintain perspective</li> <li>21 Foster realistic optimism</li> </ul>	<p><b>BODY</b> <i>how you tend yourself</i></p> <ul style="list-style-type: none"> <li>02 Practice mindfulness</li> <li>08 Establish healthy routines</li> <li>09 Learn stress-management techniques</li> <li>18 Take breaks and rest</li> <li>23 Develop emotional awareness</li> </ul>
<p><b>HEART</b> <i>how you treat yourself</i></p> <ul style="list-style-type: none"> <li>07 Practice self-compassion</li> <li>10 Keep a gratitude journal</li> <li>22 Practice acceptance</li> <li>25 Celebrate small wins</li> <li>06 Maintain a balanced outlook</li> </ul>	<p><b>CONNECTION</b> <i>how you reach out</i></p> <ul style="list-style-type: none"> <li>03 Build strong social connections</li> <li>12 Seek help when needed</li> <li>15 Practice assertiveness</li> <li>19 Learn from feedback</li> <li>13 Reflect on past successes</li> </ul>
<p><b>MEANING</b> <i>how you orient yourself</i></p> <ul style="list-style-type: none"> <li>04 Set realistic goals</li> <li>05 Develop problem-solving skills</li> <li>11 Allow for change</li> <li>16 Engage in meaningful activities</li> <li>24 Stay connected to your purpose</li> </ul>	

**A GUIDING PRINCIPLE**

*Small, consistent actions reshape a life more reliably than dramatic, short-lived efforts.*