The Resilience Toolkit
Identifying and Embodying Your Strengths

The mind and body are in constant communication, when we’re tuned in, we can manage it, and move out of default into new possibilities.

**Tapping into The Five Pathways to Resilience**
*adapted from Resilience, Linda Graham MFT*

- *Somatic intelligence* – the innate intelligence of the body
- *Relational intelligence within yourself* – learning to connect with the resilience you already have by strengthening your “home base” of a secure trustworthy, creative self.
- *Reflective intelligence; mindful awareness, ability to shift mindset*
- Relational Intelligence with others
- Emotional Intelligence

*addressed in the Identifying Strengths exercise below*

**Coherence, Grounding, Breath to movement & Power zone**

**Identifying Strengths Exercise**
*(Allow 10-15 minutes to complete this exercise)*

Where are you strong? Using your signature strengths is associated with greater creativity, engagement and self-acceptance. We’re often so busy prioritizing the things we should do, that we forget to incorporate things we’re naturally good at. Working within our natural strengths makes us feel competent, effective, and strong.

This exercise is to identify where you’re naturally gifted, how you’re using those gifts, and how to tap into more of them to build your resilience during times of uncertainty.
Take a moment to review this list of the 24 universal character strengths identified in the publication "Character Strengths and Virtues," by researchers Chris Peterson and Martin Seligman. Circle the top 3 that describe you:

**Zest:** approaching life with excitement and energy; feeling alive and activated

**Grit:** finishing what one starts; completing something despite obstacles; a combination of persistence and resilience.

**Self-control:** regulating what one feels and does; being self-disciplined

**Social intelligence:** being aware of motives and feelings of other people and oneself

**Gratitude:** being aware of and thankful for the good things that happen

**Love:** valuing close relationships with others; being close to people

**Hope:** expecting the best in the future and working to achieve it

**Humor:** liking to laugh and tease; bringing smiles to other people; seeing a light side

**Creativity:** coming up with new and productive ways to think about and do things

**Curiosity:** taking an interest in experience for its own sake; finding things fascinating

**Open-mindedness:** examining things from all sides and not jumping to conclusions

**Love of learning:** mastering new skills and topics on one's own or in school

**Wisdom:** being able to provide good advice to others

**Bravery:** not running from threat, challenge, or pain; speaking up for what's right

**Integrity:** speaking the truth and presenting oneself sincerely and genuinely

**Kindness:** doing favors and good deeds for others; helping them; taking care of them

**Citizenship:** working well as a member of a team; being loyal to the group

**Fairness:** treating all people equally; giving everyone a fair chance

**Leadership:** encouraging a group of which one is a valued member to accomplish

**Forgiveness:** forgiving those who've done wrong; accepting people's shortcomings

**Modesty:** letting one's victories speak for themselves; not seeking the spotlights

**Prudence/Discretion:** being careful about one's choices; not taking undue risks

**Appreciation of beauty:** noticing and appreciating all kinds of beauty and excellence

**Spirituality:** having beliefs about the higher purpose and meaning of the universe
When you reflect on your character traits, which strength makes you feel the most powerful or secure?

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How does this align with your values?

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What are some of the ways you use this strength?

For example: Maybe you’re able to keep a calm head when things are falling apart, or maybe you’re the funny one or the organized one.

Perhaps you’re a great listener, have a deep knowledge of a certain subject, or exhibit an open-minded curiosity to learn more.

Maybe you’re energetic, or creative, or always able to forgive. Consider all the great ways you show up in your personal and professional life. Don't be shy!

Take up to 5 minutes to write what comes up for you, listing as many or as few examples as you like.
How does this strength carry you or help other people?

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Think of a time you were successful as a result this strength? What does this say about you?

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Think a recent challenge that you faced and overcame. How did you use this strength to handle it?

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Take a minute to visualize yourself back in that specific moment in as much detail as possible. Where were you? Who were you with? How did you feel?

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Body Scan

Mentally scan the regions of your body, starting from your feet and moving up to the crown of your head, just briefly noticing what you feel. Can you identify the place in your body that becomes energized when you connect with your source of strength?

Embodying Strengths power pose

Connecting vision, breath and homebase; I am enough meditation

Connect the breath to the belly, bring the mind back to homebase.

Next steps!

- Continue the learning! @ ElizabethBorelli.com
- To go deeper, take the free VIA Character Strengths Assessment developed by leading positive psychology researchers, Go to www.viacharacter.org.
- *Resilience; powerful practices for bouncing back from disappointment difficulty and even disaster,* Linda Graham MFT, 2018

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