

# From Surviving to Thriving

## Building Personal Resiliency at Work



## Guided Journaling

Instructions: There are no right answers. Write honestly, briefly, and without judgment. Skip any prompt that doesn't apply.

### Step 1: Name the Load (Cognitive Resiliency)



Think about a recent workday that stayed with you longer than it should have. What moment stuck with you the most? What emotion shows up when you think about it? Was this something you controlled, or something the system created?

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### Step 2: Sort What's Yours to Carry (Boundary Resiliency)



What part of this situation was actually your responsibility? What part was not? Complete the sentence: I am responsible for \_\_\_\_\_

I am not responsible for \_\_\_\_\_

### Step 3: Check Your Recovery Speed (Emotional Resiliency)



After a tough moment at work, how long does it usually take you to feel steady again? What helps you reset—even a little? Write one realistic reset you could use during a shift.

## Step 4: Identify Your Anchors (Social Resiliency)



Who helps you feel calmer or clearer after a tough moment? Who unintentionally adds to your stress? Write one person or connection that helps you stay grounded.

## Step 5: Choose One Small Shift



Complete this sentence: One small change I can make to reduce the emotional cost of my work is \_\_\_\_\_.

## From Surviving To Thriving

*What "Healthy" Looks Like*



CLEAR EXPECTATIONS

PSYCHOLOGICAL SAFETY

LEADERS WHO ACT EARLY

ACCOUNTABILITY WITHOUT HUMILIATION