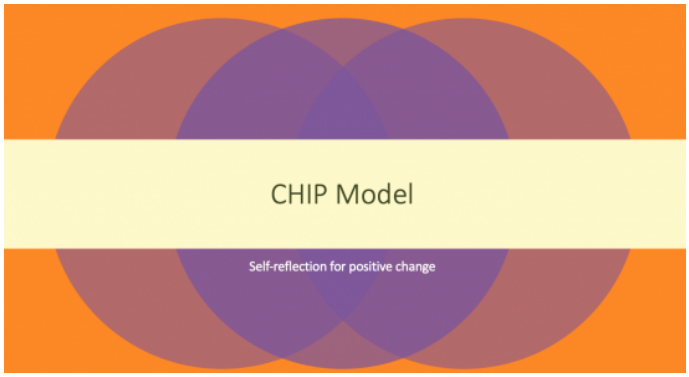
GUIDED RESILIENCE

CHIP Model: self-reflection for positive change

Celebrate * Happen * Identify * Plan



Your action steps are experiments...the more freely you experiment without unrealistic expectations, harsh criticism, or judgements the more likely you'll adopt the Guided Resilience approach to wellbeing: grounded in self-care, a holistic lens, aligned with your strengths and values, growing a positive mind and gifted with a satisfying life with meaning and purpose.

Celebrate

Which actions did you accomplish?

What wellness/self-care victories can you celebrate this week?

Did you notice any Personal Stress Warning Signals in personal life/work? If so, what was the symptom and describe the situation?

Did you use the Mindful Pause either personally or professionally? What was the outcome?

Identify one of your strengths and how it showed up for you in the past week?

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Happen

Reflecting on the successes above...how did they happen? Why did you succeed? What resources or supports did you use? Be thorough and reflective...rehearsing the "how" you did it…

How did you benefit from your action steps personally and relationally (others?) Think about how it felt in body (energy), mind (clarity), and spirit (mood/essence)...

What are you most proud of?

Identify

Which actions didn't you accomplish? Why?
Too big or unrealistic? Not prepared in some way? Forgot?

What did you do instead? Why? Be honest about what you prioritized. This gives you clues to your "values in action".

Did you allow someone or something to keep you from taking a step forward?

What did you learn from this experience?

Plan

Do you want to change your action steps or your goal? How could you do it differently?