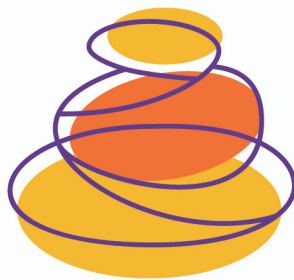


# C.H.I.P.

Celebrate. Happen. Identify. Plan.

Create an upspiral of momentum for positive change.

Self-Reflection from a strengths-based lens generates energy to continue to grow and change. Begin your reflection time with a Mindful Pause:



TAKE A MINDFUL PAUSE:

**STOP** and prioritize self-care

**BREATHE** to connect body and mind

**THINK** with a restorative mindset

**CHOOSE** to align with purpose

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## Celebrate

What are you most proud of this week? Did you notice any Stress Warning Signals in life/work? Did you use a Mindful Pause either personally or professionally? What was the outcome? Identify how you used one of your strengths this past week.

## Happen

Reflecting on the successes above...how did they happen? Why did you succeed? What resources or supports did you use? How did your actions impact your mood or energy?

## Identify

What were your barriers? What did you do instead? What did you learn from this experience?

## Plan

How are you inspired to take your next steps?



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