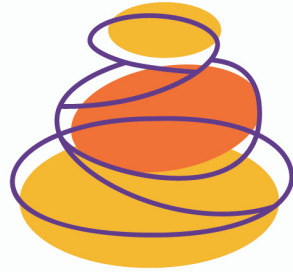


Gratitude for Strengths

Begin with a Mindful Pause...



TAKE A MINDFUL PAUSE:

STOP and prioritize self-care

BREATHE to connect body and mind

THINK with a restorative mindset

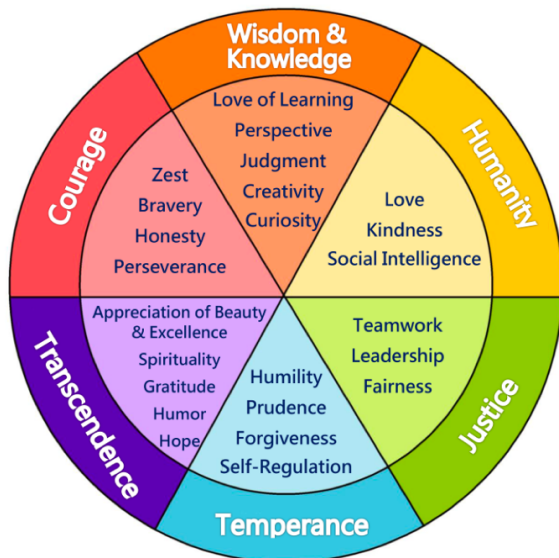
CHOOSE to align with purpose

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People deal too much with the negative, with what is wrong...Why not try and see positive things, to just touch those things and make them bloom?

Thich Nhat Hahn

**Your Signature Strengths (top 5) Are:
Energizing, Easy, & Essential to Who You Are**



- How does these character strength describe the real me?
- How are these strengths of value to me? Why are they important for me?
- What are the costs of this strength for me? In what ways does it not serve me well?
- Pause for appreciation for this strength in the past...
- Set an intention for how you will use this strength in the days ahead.



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