

## Building My Resilience Muscles

### Why I'm practicing:

The new experience I'm building is \_\_\_\_\_ .

The reactive experience I'm reducing is \_\_\_\_\_ .

Am I open to unexpected positive outcomes? \_\_\_\_\_

### What?

My practice is: \_\_\_\_\_

### When?

To make my follow-through easier I'm committing to practicing:

- |  |  |
|--|--|
| <input type="checkbox"/> as soon as I wake up    | <input type="checkbox"/> right before bed                |
| <input type="checkbox"/> during kids' nap time   | <input type="checkbox"/> just after/before _____ routine |
| <input type="checkbox"/> every day at ____ AM/PM | <input type="checkbox"/> _____                           |

### Where?

To build the habit of the habit, I'll practice in this location: \_\_\_\_\_

## Practice Tracker

Completed	Day #	Date	My before/after experience today
<input type="checkbox"/>	1	_____	_____
<input type="checkbox"/>	2	_____	_____
<input type="checkbox"/>	3	_____	_____
<input type="checkbox"/>	4	_____	_____
<input type="checkbox"/>	5	_____	_____
<input type="checkbox"/>	6	_____	_____
<input type="checkbox"/>	7	_____	_____
<input type="checkbox"/>	8	_____	_____
<input type="checkbox"/>	9	_____	_____
<input type="checkbox"/>	10	_____	_____
<input type="checkbox"/>	11	_____	_____
<input type="checkbox"/>	12	_____	_____
<input type="checkbox"/>	13	_____	_____
<input type="checkbox"/>	14	_____	_____
<input type="checkbox"/>	15	_____	_____
<input type="checkbox"/>	16	_____	_____
<input type="checkbox"/>	17	_____	_____
<input type="checkbox"/>	18	_____	_____
<input type="checkbox"/>	19	_____	_____
<input type="checkbox"/>	20	_____	_____
<input type="checkbox"/>	21	_____	_____

*"You do not rise to the level of your goals. You fall to the level of your systems."*

*—James Clear, Author of Atomic Habits*