



# Building a Resilient Mindset One Day at a Time



## Module Two Emotional Resilience

### Self-Awareness Workbook

# Navigate Emotions

*“The only way to effectively use your emotions is to understand that they all serve you” Tony Robbins*

Think of a situation where you had a purely emotional reaction. What happened?

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How did you feel afterwards?

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What was the emotional trigger?

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What was the overwhelming emotion?

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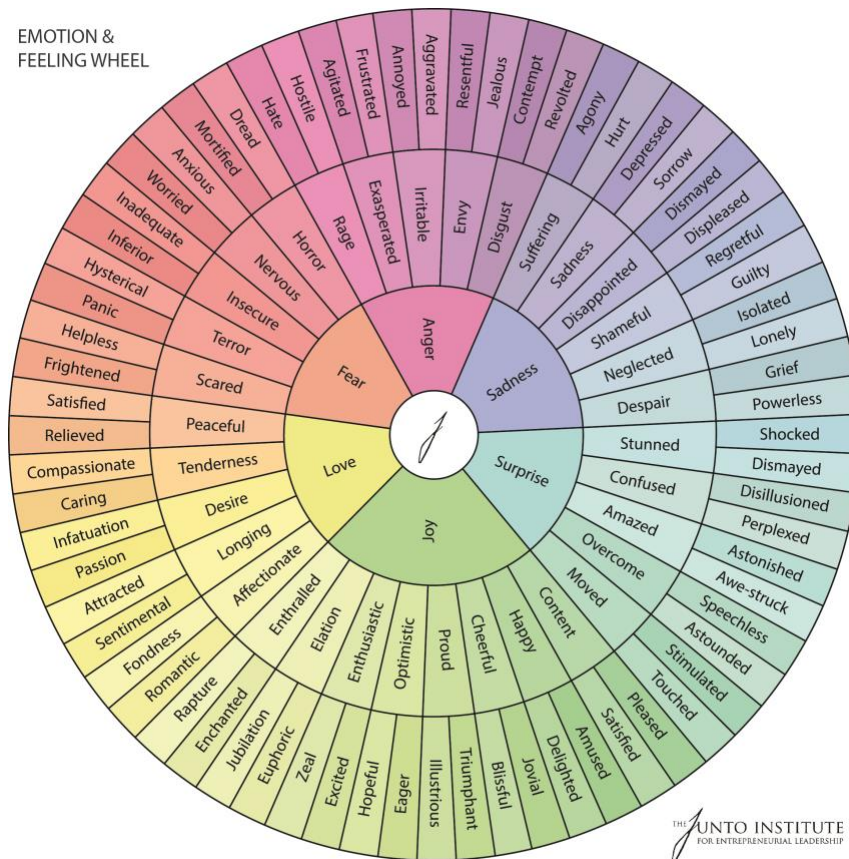
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Look at the wheel of emotion – would you still identify the emotion in the same way. Could it have been something else?

EMOTION & FEELING WHEEL



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If it was, how might that have changed the way you reacted?

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# Recognise Patterns

Use the space below to reflect on your patterns of behavior. Identify the stimulus and then your response

When I (stimulus) feel rejected \_\_\_\_\_  
I (response) walk away and have negative self -talk \_\_\_\_\_

When I (stimulus) feel exhausted \_\_\_\_\_  
I (response) keep going and don't listen to my body \_\_\_\_\_

When I (stimulus) \_\_\_\_\_  
I (response) \_\_\_\_\_

When I (stimulus) \_\_\_\_\_  
I (response) \_\_\_\_\_

When I (stimulus) \_\_\_\_\_  
I (response) \_\_\_\_\_

When I (stimulus) \_\_\_\_\_  
I (response) \_\_\_\_\_

When I (stimulus) \_\_\_\_\_  
I (response) \_\_\_\_\_

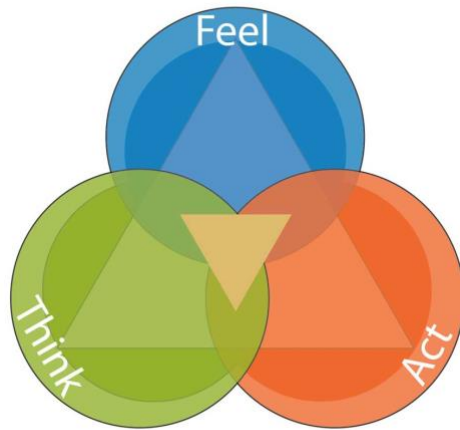
When I (stimulus) \_\_\_\_\_  
I (response) \_\_\_\_\_

When I (stimulus) \_\_\_\_\_  
I (response) \_\_\_\_\_

When I (stimulus) \_\_\_\_\_  
I (response) \_\_\_\_\_

When I (stimulus) \_\_\_\_\_  
I (response) \_\_\_\_\_

# Feel, Think Act



Six seconds model

Think about some situations where you reacted in a particular way.

The situation

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How I felt (describe the emotions you felt)

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What I chose to do (describe the options you had, and what you choose)

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What were the costs and benefits of that choice?

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Next time I can choose to

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When I make that choice (above) what are the costs and the benefits of the choice.

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