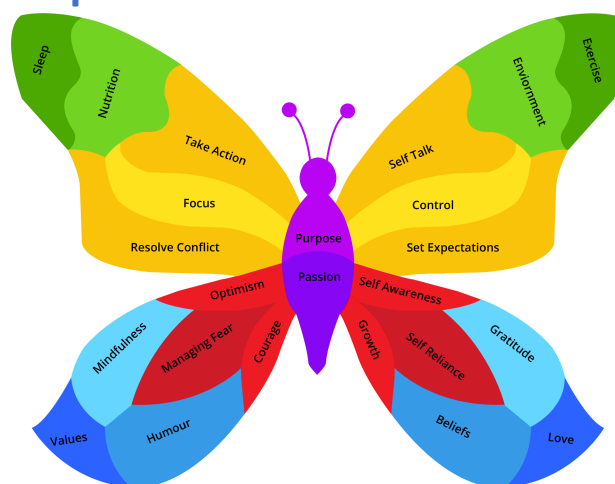


 **Emotional
Intelligence**
By Transilient Coaching

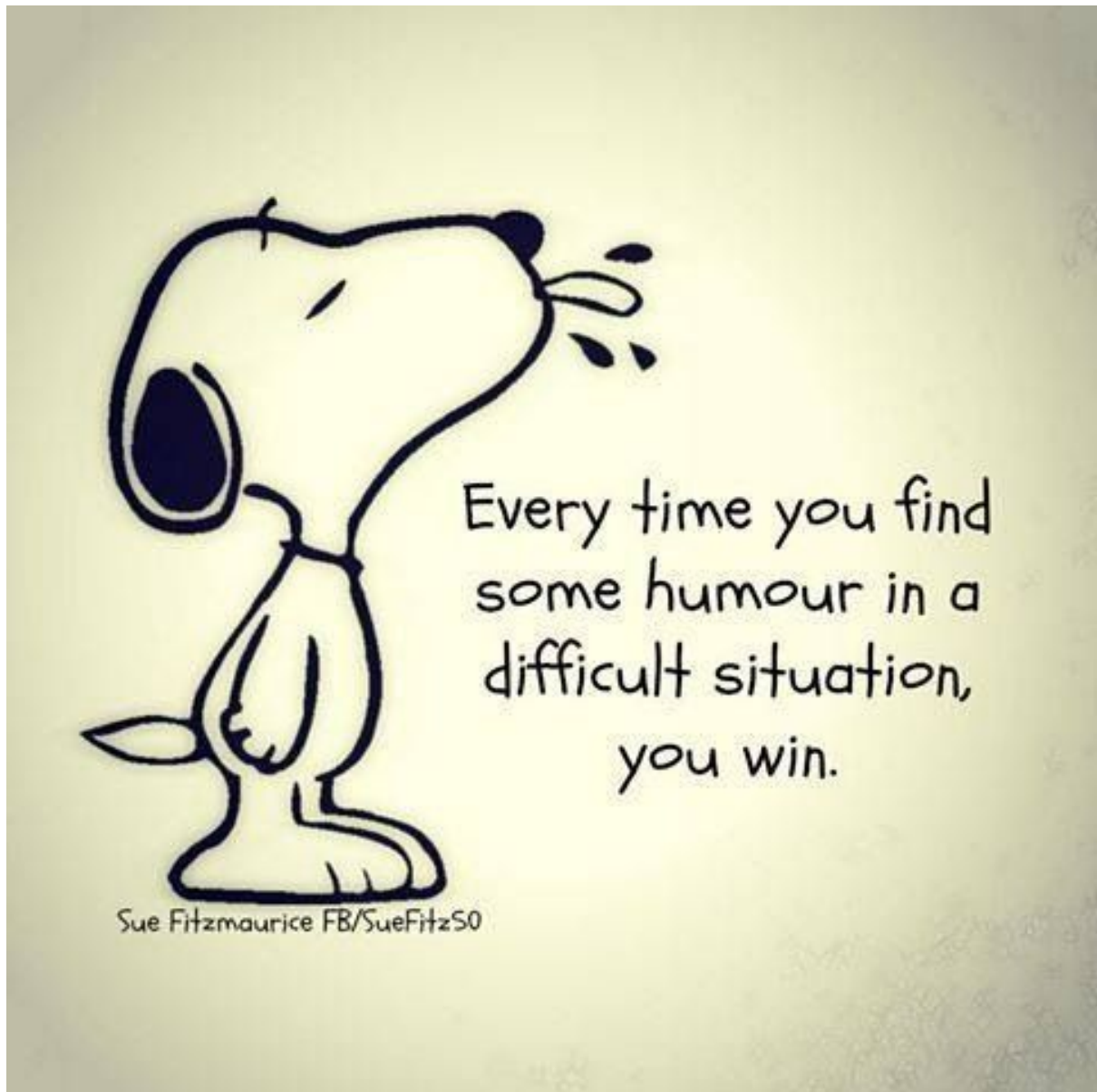
Building a Resilient Mindset One Day at a Time



Module Four Spiritual Resilience



Finding the Humour Workbook



Write down the things that bring you joy?

Schedule some of these moments into your week this week.

What will you do?

When will you do it?

With whom?

Make a list of movies that are funny, inspirational or feel-good that you will watch (again) over the next month

What will you watch?

When will you do it?

With whom?

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