

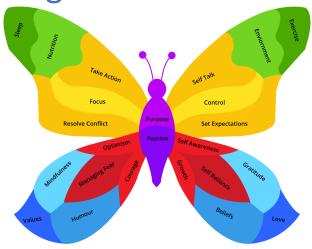




Building a Resilient Mindset One Day at a Time



Module Three Cognitive Resilience



Managing Self-Talk Workbook

"All that we are is a result of what we have thought. The mind is everything. What we think, we become." Buddha

Describe a situation that	you struggled	d with, or per	haps failed w	vith.
Identify the thoughts that situation. Do this in a not don't get it right all the till often helps us see how he ourselves.	n-critical and me. Observi	non-judgme	ntal way. Re hts and writir	member, we

How would y	ou help th	em?			
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manage bett	er or even			_	
If you were to manage betto the struggle?	er or even			_	

re these thou	ughts repet	itive in othe	er situa	itions?	What si	tuations	s?
aink of a time	a whon you	Lworo cont	ont wh		folt roa	lly good	l about li
you were dr ou see? Wha	awing it, wl	here would	it be?	What v	vere you	u feeling	g? What
you were dr ou see? Wha	awing it, wl	here would	it be?	What v	vere you	u feeling	g? What
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you were dr ou see? Wha	awing it, wl	here would	it be?	What v	vere you	u feeling	g? What
hink of a time you were dr ou see? Wha t that time?	awing it, wl	here would	it be?	What v	vere you	u feeling	g? What

This is a "happy place" – somewhere you can recreate any time you want or need to. It is positive and strong and happy.



How will you embed the practice of reones? How will you recognize the mor What will help you?	-framing your thoughts to more helpful ment when your self-talk is critical?