

Your Weekly Work-IN

Congratulations!

You finished your 7th week of the Resilience Course™

Let's do a quick review.

Take-aways fitness tips

- A. Boundaries are about knowing and honouring your limits.
- B. Asserting yourself is an important skill that allows you to protect and respect your rights and boundaries, and the rights and boundaries of others.
- C. Conflict is required for growth and to achieve shared goals.
- D. Win wins are the best outcome.
- E. Flexibility is required to be able to achieve success.

In addition to continuing to practice good self care (see the Your Daily routine)

Your exercises this week

- 1. Write out you Boundaries.
- 2. Practice deep listening this week. Reflect back to others what you think they think and feel to see if you have understood their position.
- 3. Assert your self when you feel you're being overlooked or misunderstood.
- 4. Step into a negotiation you've been avoiding.

Also continue to

- 5. Ground and meditate each morning
- 6. Check and change your frame of mind as needed.
- 7. Notice your emotions throughout the day and practice compassion.
- 8. Express gratitude each evening before going to bed.

These daily practices are essential for consolidating and reinforcing your new learning.

Earlier exercises might seem easier each day

That is not the case !

You are getting stronger!