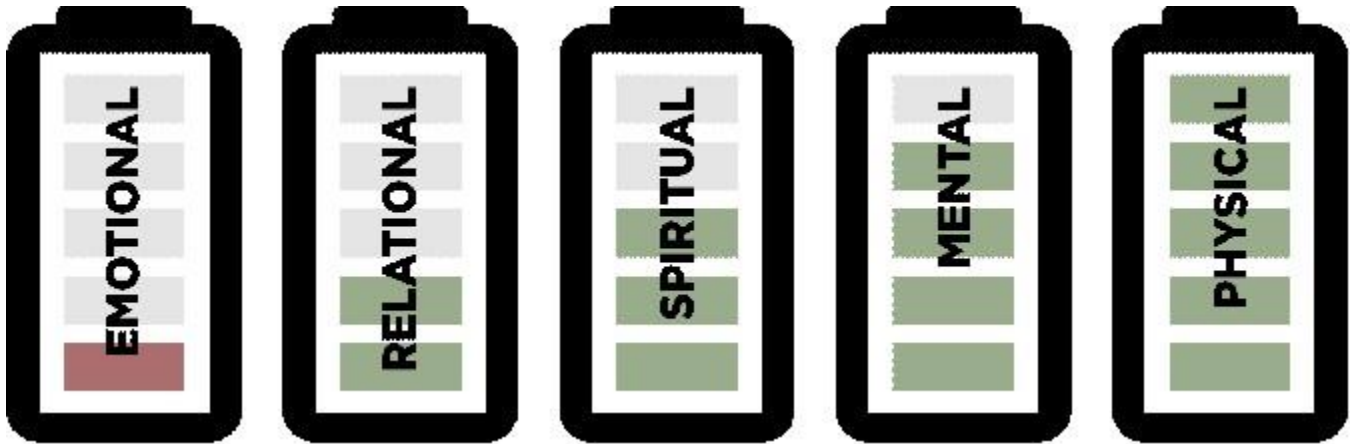


DOMAINS OF RESILIENCE



Domains of Resilience are internal batteries in each of us from which we use and renew energy.

Our challenge is to plug energy leaks and discover what best charges each battery in us.

Work to maintain an awareness of the energy level in each battery all the time.

EXERCISE

1. What does each battery represent in your life?
(for example: *physical = exercise, quality sleep, healthy food*)
2. On a scale of 1-10 with 10 being completely full, what is the level of each battery within you?
3. What drains each of your batteries the fastest?
4. What one action could you do that would raise the current level one number for each battery?

