Resiliency Checklist

___ Did something today that was fun

___ Used “I feel” rather than “I am” regarding negative self-statements

___ Accepted any positive compliments/comments with a “thank you”

___ Identified something today that I am grateful for

___ Identified what was purposeful and meaningful in the tasks that I involved myself

___ Carved out an hour to do something that I enjoyed

___ Did a random or intentional act of kindness for someone today

___ Vocalized one positive thing about myself to myself today