**Worksheet: Domains of Resilience**

**Step 1:** Write down what you do in each domain to replenish your “leaky bucket” to build or preserve your resilience.

**Step 2:** What are things you can improve upon in replenishing your “leaky bucket”?

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| **Domain** | **Two Qualities I Have** | **Two Qualities I Can Build** |
| **Mind:**  Your style of thinking about, and coping with challenges  **(Flexible thinking,**  **Optimism,**  **Behavior control,**  **Problem solving)** |  |  |
| **Body:**  Your physical health  **(Physical activity,**  **Healthy diet,**  **Quality of sleep,**  **Taking care of injuries and illnesses)** |  |  |
| **Spirit:**  Your values, and what gives you meaning and purpose  **(Prayer,**  **Meditation,**  **Quiet reflection,**  **Long walks)** |  |  |
| **Social:**  Your connections with other people and resources  **(Developing & maintaining a trusted social support system)** |  |  |