

# 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