WORKSHEET

RELAXING INTO RESILIENCE

BY KALIKA

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Resilience in business isn't just about enduring challenges; it's about thriving through them.

This worksheet is here to help you reflect on past challenges and prepare for future ones with a relaxed and confident mindset.

Steps

1. Reflect on Past Challenges

- List the significant challenges your business has faced.
- Note the outcomes and the lessons you learned from each.

2. Evaluate How You Responded

- Review how you responded to these challenges.
- Identify which strategies were effective and where there's room for improvement.

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3. Plan for Future Challenges

- Consider possible future challenges based on current trends. AI, etc.
- Develop strategies with a calm and resilient approach.

4. Identify Resources

- Determine the resources (people, tools, information) you'll need to support your strategies.
- Plan for how you'll integrate these resources.

Regularly using this worksheet will help you stay prepared and responsive, allowing you to handle business challenges with a proactive and relaxed mindset.

WISDOM SAYS WE ARE NOTHING. LOVE SAYS WE ARE EVERYTHING. BETWEEN THESE TWO, OUR LIFE FLOWS.

— Jack Kornfield