

Here's how I will make today more meaningful

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Reflecting on today's situation



What went well?



What would I do differently?



What can I learn from today to take into tomorrow?

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What I value most about today

1

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2

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3

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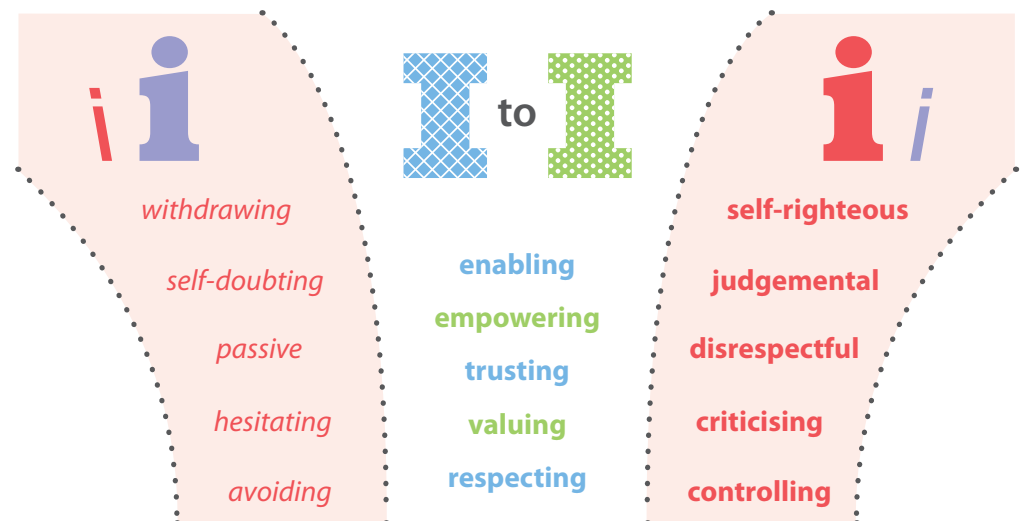
Today's best bits

Week commencing: 23rd March 2015

Monday	My new app. Sleeping well. Good lunch
Tuesday	Meeting John. Music. Finishing the project
Wednesday	Impressing Jo with my latest work
Thursday	Coffee with Dee. Family & friends
Friday	Being creative and feeling well again

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Resilient people take care of themselves so they can perform well.

Where do YOU figure in today's priorities?

Self care list

- ☐ Keep hydrated
- ☐ High energy brain food
- ☐ Fresh air
- ☐ Comfort break
- ☐ 5 a day fruit / veg
- ☐ Relaxation
- ☐ Walk / move around
- ☐ Connect with people
- ☐ Ask for help
- ☐ Switch off
- ☐ Mindfulness

To do list

- ☐ Urgent
- ☐ Urgent
- ☐ Urgent
- ☐ Priority 1
- ☐ Priority 2
- ☐ Priority 3
- ☐ Priority 4
- ☐ Priority 5
- ☐ Important
- ☐ Important
- ☐ Important

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Write in a surprise journal

Today's moment of surprise

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Why it was surprising

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What this tells me (about me)

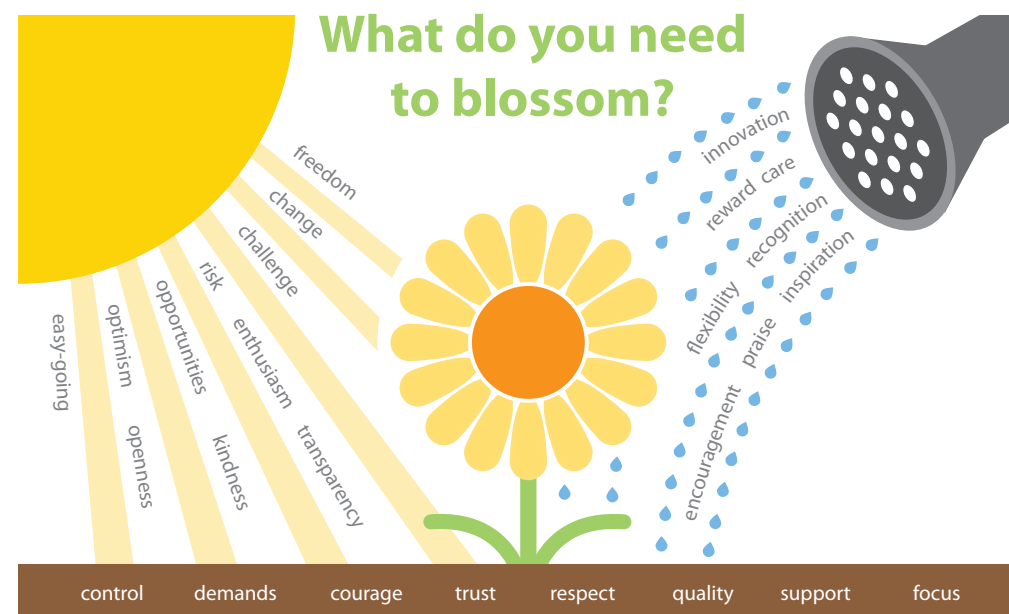
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the little resilience day box®

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