

**BUILDING RESILIENCE (emotional & mental strength)**

**Session 5. A Future thinking mindset to flourish**

**Whether professional or personal, the principles are the SAME!**

**Notes**: “Wow” moments (make a note of the things which make you “click”…ie “wow moments” eg. key ideas, thoughts or statements – you can then refer to them in future)

***I’d like you to write down the things that YOU bring to the table.***

***I’d now like you to note down what’s missing (eg: for my work I am not an accountant, although I can keep my books)***

***Then I’d like you to note down from whom you can source what you need***

***ADDITIONAL: What are your needs and WHO meets those specific ones?***

**Love Languages**

Try the test [www.5lovalanguages.com](http://www.5lovalanguages.com)

How do you compare with those in your “team” (work or play!)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **ME** |  |  |  |
| **Gifts** |  |  |  |  |
| **Acts of service** |  |  |  |  |
| **Intimacy** |  |  |  |  |
| **Time** |  |  |  |  |
| **Words of affirmation** |  |  |  |  |

**What’s my headline this year?**

What is your newspaper headline?

Identify the key task to achieve

Identify 3 steps that you need to begin

 **How will I push into my ZONE OF EXCELLENCE DAILY?**

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**www.draudreyt.com**

**YouTube: Dr Audrey Tang https://www.youtube.com/channel/UCnn8-Waxrg6TmuNPHL1NQmg?view\_as=subscriber**

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