

# Stay Centered Amidst the Chaos

## Develop a Practice of Resilience Through Appreciative Strategy



Perpetual  
Curiosity

Self-  
Awareness

Due  
Reflection

### Habits

- **Perpetual Curiosity** – Step into a state of learning rather than judgement. Learn by asking appreciative questions about yourself, your environment, and your influencers and dependencies.
- **Self-awareness** – View yourself from an objective lens. How do you see your internal world (values, purpose, strengths, aspirations) fit into your environment, drive your behavior, and make an impact on others?
- **Due Reflection** – Pause for careful consideration and deliberation of the situation or circumstance from a multi-faceted lens – experience, interpretation, awareness of self, and personal/organizational responsibility.

### Ponderings & Practices

#### Appreciative Questions

- ✓ What is your purpose and mission and why?
- ✓ What is your greatest strength/weakness?
- ✓ Who/what are your top influencers and why?
- ✓ Where do you see yourself in 1yr, 5yrs, 10yrs?
- ✓ Who/what are you dependent on and who/what is dependent on you?
- ✓ What circumstances would have my weaknesses become strengths?

#### Practice Modalities

- \* Journaling – Writing down thoughts and feelings to better understand them
- \* Breathwork – Breathing exercises to improve mental, emotional and physical well-being
- \* Meditation – Exercises to calm and bring awareness to self
- \* Paying Attention – Engaging in close or careful focus on present situations or circumstances.
- \* Gratitude – Framing and reframing to positivity