

## The Resilient Judge – Personal Resilience Plan

1. Sleep: I will get more sleep each night by:
  
  
  
  
  
  
  
  
  
  
2. Sunlight: I will get 20 minutes of sunlight each day by:
  
  
  
  
  
  
  
  
  
  
3. Breathing: I will remember to take 5 deep breaths on a periodic basis throughout my day by:
  
  
  
  
  
  
  
  
  
  
4. Flow: I will minimize interruptions to my creative state by:
  
  
  
  
  
  
  
  
  
  
5. Movement: My favorite type of exercise is:

I will incorporate \_\_\_ minutes of exercise \_\_\_ times per week by:

I will stretch for \_\_\_ minutes each day by:

6. Scent: I will incorporate a stress-relieving scent into my life by:

7. Foods: I will incorporate these cortisol-reducing foods into my diet:

8. Sound: These genres of music, artists or songs help me to relax are:

My ultimate playlist of songs I enjoy:

a.

b.

c.

d.

I will play my playlist when:

9. Visual: I will incorporate imagery that I enjoy by:

10. Touch: I will incorporate these massage/touch techniques into my day: