



Master Your Resilience

7-Day Checklist

*Stop Surviving, Start Thriving:
Your Action Plan for a Resilient Life*

Learn more at www.weight-loss-trust.com

Introduction & How To Use

Your Path to Resilience Starts Now

Welcome to your 7-day challenge!

This checklist is designed to integrate powerful resilience-building habits into your daily routine.

Don't aim for perfection; aim for consistency.

Even small steps create big changes over time.



"How to Use This Checklist" section:

- Check off each item you complete daily.
- Focus on one or two items per pillar each day, or try them all!
- Reflect on your progress at the end of the week.
- Repeat the challenge for sustained growth.

Pillar 1: Self-Awareness & Mindset

Understanding your inner landscape is the first step to mastering your reactions.

This pillar helps you identify triggers and reshape your thoughts.



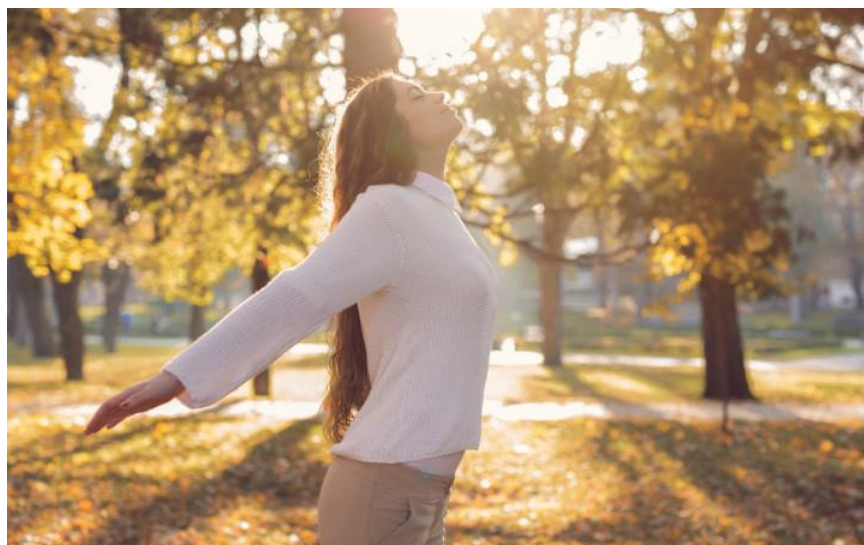
Task	Goal	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Track Your Triggers	Log one moment of stress, noting the trigger and your physical reaction.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practice Cognitive Reframing	Identify one negative thought, and rephrase it for a growth mindset .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use a Growth Mantra	Repeat an affirmation like, "I can bounce back from this," or "I am capable."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pillar 2: Rewiring Your Nervous System (Vagus Nerve)



Your body's 'rest and digest' system is key to managing stress. These practices actively calm your **Vagus nerve** for immediate relief and long-term resilience.

Task	Goal	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Paced Breathing	Spend 5 mins making your exhale longer than your inhale (e.g., Inhale 4, Exhale 6).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vocal Stimulation	Spend 2 mins humming, singing loudly, or gargling vigorously.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cold Splash	Splash cold water on your face for 15 seconds for a quick nervous system reset.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Pillar 3: Boundaries & Connection



"Resilience thrives in an environment of support and protected energy. Learn to create space for yourself and nurture meaningful relationships."

Task	Goal	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set One Healthy Boundary	Say "No" or "Not now" to a request that overextends you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prioritize Connection	Reach out for a brief, meaningful conversation with one trusted person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Commit to Self-Care	Dedicate 15 mins to a non-negotiable activity that refills your energy (e.g., reading).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Reflection & Next Steps



"Your Resilience Journey Continues..."

Reflection Questions:

1. "What was the most challenging practice for you this week?"
2. "What small win are you most proud of?"
3. "How did you notice your body or mind respond to these practices?"

Keep Thriving!

1. "Remember, **emotional resilience** is a muscle. The more you work it, the stronger it gets."
2. "Revisit this checklist anytime you feel overwhelmed, or print a new one to continue your progress."

For more insights on stress management, gut health, and holistic well-being, visit <https://www.weight-loss-trust.com>.