



My 3 Month



RESILIENCE MAP

This Resilience Goal-Setting Workbook belongs to: _____

How & Why to use this Workbook!



Welcome to this *different* Goals Workbook that covers just 3 months or one quarter of a year. Even so, we believe short-term goal setting can still be enjoyable, thought-provoking *and* meaningful.

Of course with the pandemic continuing, it's a strange and difficult time. Everything is still "in limbo" and rules keep changing which means it's hard to set larger goals that might span an entire year. And we're all *still* under a lot of additional and unusual stresses and pressures.

That's why, instead of formal goal-setting, we look at how to make yourself more resilient. Starting with a review of the high and lowlights of 2021, you'll choose *just 3 things* to achieve over the next 3 months—and that's as close as we get to "setting goals". Importantly, we also take a look at key areas to boost your resilience including gratitude, learning, self-care, how you'll enjoy yourself—and more.

What this Resilience Map Workbook offers is **simple "goals" for challenging times**. Because when times get tough, it's more important than ever that we take what control we can of our lives—and destiny...

I hope you love this workbook, that it helps bring some meaning, joy and purpose to your life during this difficult time. And I also hope that it helps you take care of yourself—and what matters most to you.



Love

Emma-Louise



Let's Get Started!

1. Choose a cosy spot and block out an hour in your schedule where you can focus on you without interruption and complete this workbook.
2. Then simply answer the questions below to set yourself up for the next 3 months.
3. If you feel the urge to skip a question—it may mean there's something important to learn... Instead breathe deeply, settle into yourself, and put pen to paper. And of course, you can always go back and add things later!

Step 1 - 2021 Highlights & Lowlights

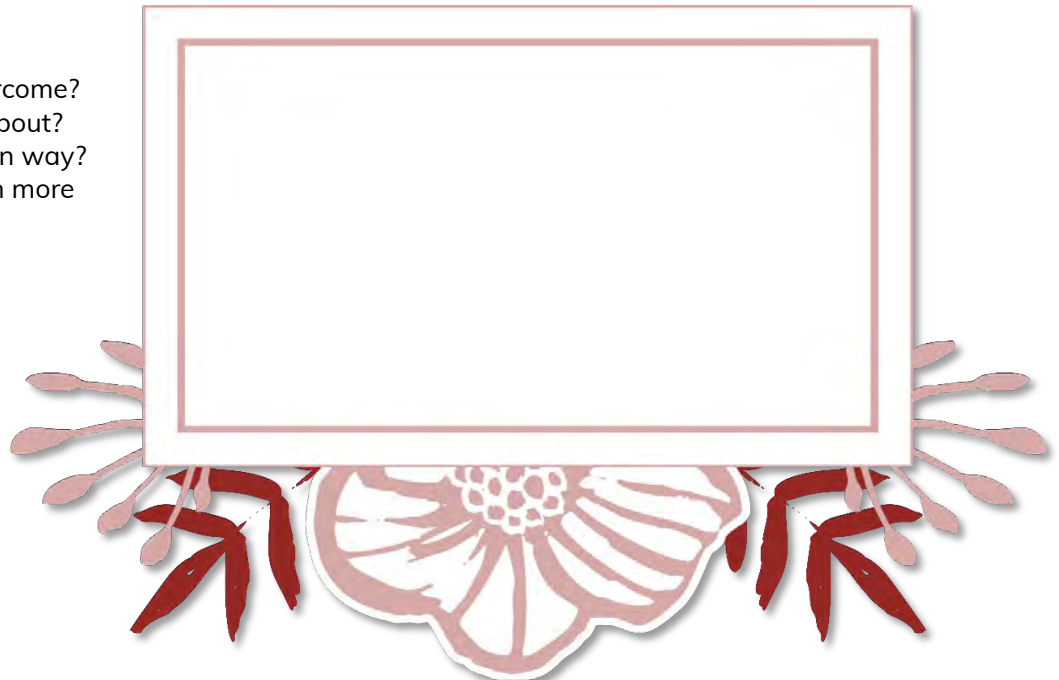
1. What were the *best* parts of 2021 for you?



- What are you grateful for?
- What did you learn?
- What did you achieve?
- What fun did you have?
- What difference did you make?
- What relationships did you grow?

2. What were the *worst* parts of 2021 for you?

- What was hardest for you?
- What challenges did you overcome?
- What are you disappointed about?
- Where did you get in your own way?
- What relationships have been more disconnected?



Step 2 - What to Focus on for the next 3 months

3. What's most important in life right now? My Top 3 Priorities are:

1. _____

2. _____

3. _____

4. How do you want to feel over the next 3 months?

What do you need? Describe how do you want to feel both emotionally and physically.



5. What 3 things will you focus on being thankful for?

What we're thankful for teaches us what we value most in life. It's also a great practice that helps us appreciate the life we already have. When we place our focus here, this helps us grow from our difficult experiences.



1. _____
2. _____
3. _____


Step 3 - Achievements & Barriers

Over the next 3 months:

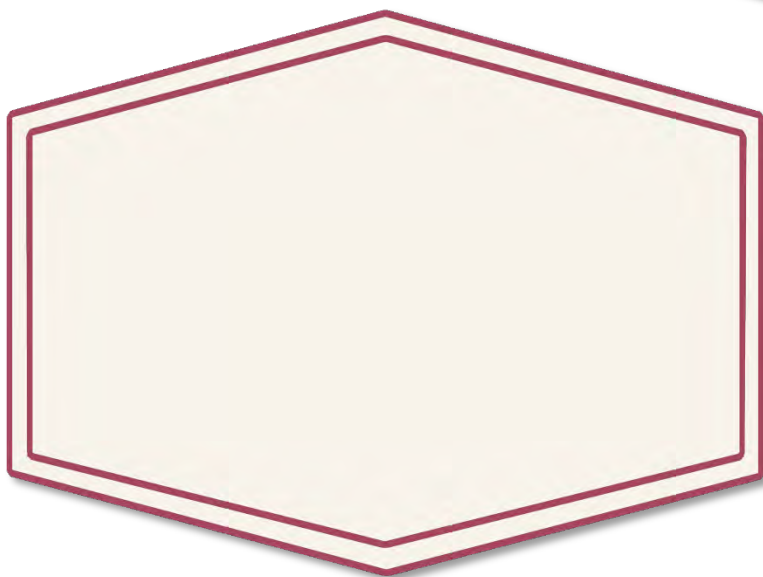
6. What 3 specific things would you like to achieve?

Areas to consider include Home, Career/Occupation, Friends, Family, Fun, Finances, Learning & more.

- What gets you inspired or excited?
- What's important to get done?
- If you did just 3 things, what would they be?
- Big or small, what would make you proud?

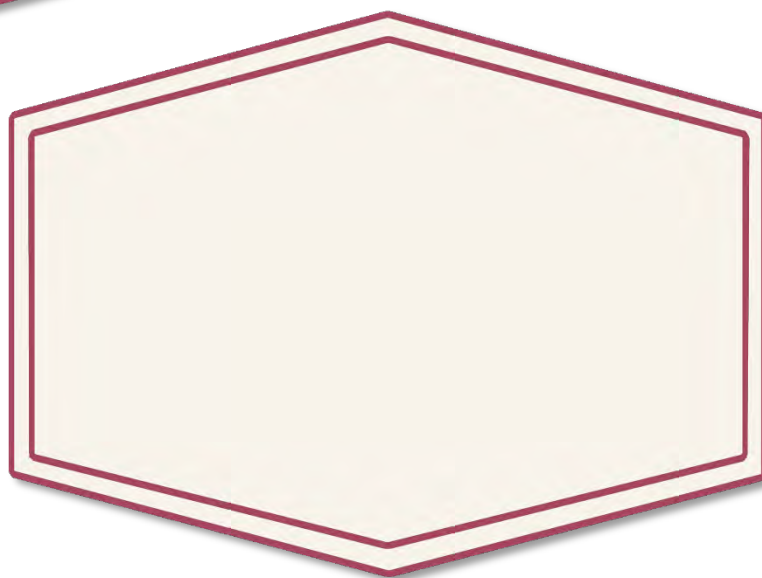


1. _____
2. _____
3. _____



7. What challenges do you anticipate?

- What could get in the way of accomplishing your 3 things?
- What do you expect to be hard/difficult?
- Where might you get in your own way?



8. Which of your strengths will help you through the next 3 months?

Step 4 - Learning & Making a Difference

Over the next 3 months:

9. What will I learn? How will I grow?

Making sure we keep learning during difficult times empowers us.

- Where will you stretch yourself?
- Thinking ahead (into 2022), what knowledge would be useful for you to increase?
- What skills could you develop?
- What would be fun to learn?



10. How will I contribute & make a difference?

However small our contribution, looking outward as well as inward adds meaning to our lives. Here are some questions to help:

- What are you already doing, that you will continue to do?
- How else could you help the planet?
- What will you reduce/repair/reuse/recycle?
- How might you help others?
- Where could you donate your time, goods or money?
- What is just one small thing you could do?



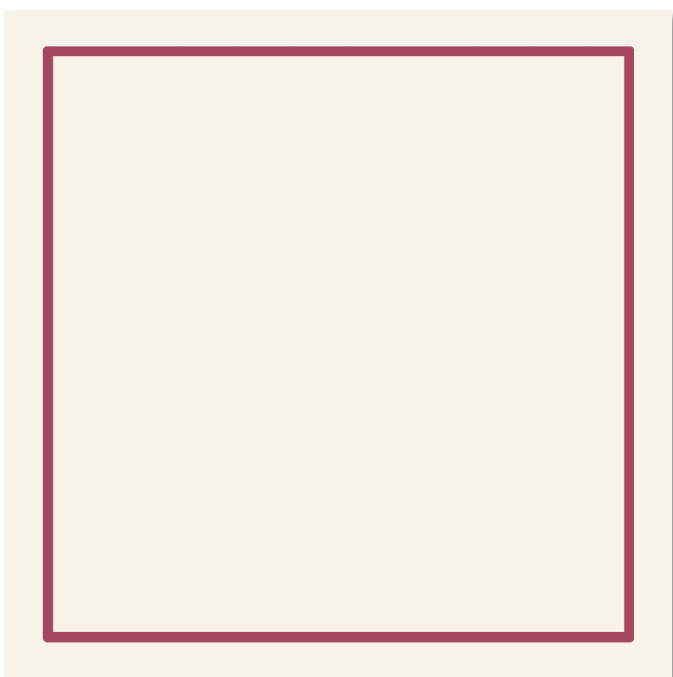
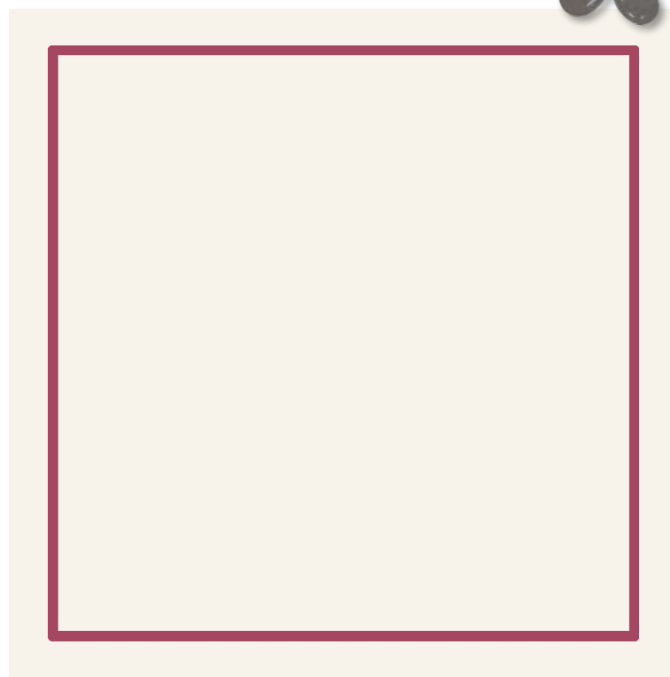
Step 5 - Enjoying Life...

Over the next 3 months:

11. What books will you read?

Will it be a novel, autobiography, essay collection, poetry, short stories? (Audiobooks count too!)

- *Will you read purely for pleasure or to learn?*
- *Do you want to think, relax or have an adventure?*
- *What new genre could you try out and expand your horizons?*
- *What reading adventures await you?*



12. How else will you have fun, take care of & enjoy yourself?

- *Where will you enjoy yourself?*
- *What will you do to take great care of yourself?*
- *What pleasures can you plan in (however small)?*
- *How could you play more?*
- *How will you move your body (whether it's exercise, dance, hiking, yoga or something else)?*
- *What makes your heart sing?*



Step 6 - Boost Your Success



Pick an uplifting *theme* to sum up your next 3 months

Choose a Cheerleading Team

*Who leaves you feeling better about yourself after spending time with them? Who inspires, supports & encourages you?
eg. Friends, Family, Gym-buddy, Colleagues. Be sure to write what you specifically need them to do to support you.*

1. _____ HOW Specifically? _____

2. _____ HOW Specifically? _____

3. _____ HOW Specifically? _____



The Difference That Makes the Difference...

What ONE thing will make the BIGGEST difference to you having the best possible 3 months?

Step 7 - Commit to Yourself!



Sign here _____

Date _____

Wrap-up

I hope this Resilience Map Workbook (Goal-Setting *Lite!*) helps you make the best of your 2022.

About Fierce Kindness.com

At Fierce Kindness we believe that courage and kindness is what we, and our world, need now more than ever. We need courage to do the right thing, to go after what we *deeply* want and become all of who we are. And we need kindness, *fierce* kindness, to set boundaries, learn to love ALL of ourselves and BE in our world in a new and exciting way.

Help spread the word about the importance of Fierce Kindness toward ourselves, others and our world through resources, stories, articles, inspiring and beautiful quotes and much more!

We may want to change the world! But to change our world, we must start with ourselves. And so, one of the things we do here at Fierce Kindness, is help people get to know themselves deeply through worksheets and workbooks like this one!

Our goal is that you can come to Fierce Kindness any time to:

- Get inspiration and ideas for your life!
- Get tips and learn techniques to deeply connect with yourself & others.
- Get inspired to make a difference and help make the world a better place.



And if you haven't already, we'd love you to [Sign up for our Fierce Kindness newsletter here >>](#)

About the author: Emma-Louise Elsey fell in love with personal development in 2003. She'd created a life that had everything she *thought* she wanted, but she wasn't happy on the inside. Thinking it would help, she quit her successful career to become a life coach and moved to a new country - but still struggled to be truly happy. Slowly she learned that self-kindness IS the answer to finding peace within - along with great courage. She realised we are ALL much braver and more capable than we realise. With Fierce Kindness, *everyone* can create a life and self they love. And she's dedicated herself to helping people do just that.

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