



NEXT STEP FORWARD

RESILIENCE
WORKBOOK

WRITTEN BY KASHAUN PARKER

“Your resilience is
your humanity... To
yield and not break,
that is incredible
strength.”

GUIDE TO RESILIENCY

ABOUT THIS WORKBOOK

Congratulations, on your decision to invest in you!

I carry the belief that it is very difficult to win the outer game of success without mastering the inner game of continual growth. Growing requires us to take frequent observation and progressive action toward always becoming a better version of ourselves.

I hope the journey is everything you hoped it would be and more!

This workbook was designed as a tool to help maintain resiliency as you journey through the path of personal and professional development.

Feel free to work at your own pace and in any order that is most suitable for you, there is no correct way to go through this workbook.

There is a standard textbook definition for resiliency and then there is your own personal definition for resiliency as you start to define what the term "resiliency" personally means to you; consider that Both definitions are correct!

I understand resiliency to mean the fortitude to withstand and progress forward toward your goals despite challenges and setbacks.

Looking forward to your success!!!

- Coach KayD



MY RESILIENCE PLAN

Resilience Success Formula

Current Emotion + **Supporting Thought** = **Current Action**

What are my Current Emotions

How is my current Emotion helping me progress

How did I Overcome a Similar Challenge

What am I doing that is working well

What am I doing that could be refined

How will my new plan help my Circumstances

What is my unique "Why"?



RESILIENCE

Self-Care Checklist

CARE FOR YOUR SOUL

- Meditate
- Practice deep breathing exercises
- Write in a journal
- Spend time in nature
- Practice gratitude
- Focus on the positive

CARE FOR YOUR BODY

- Get plenty of rest and sleep
- Eat a healthy and balanced diet
- Stay hydrated
- Take a relaxing bath or shower
- Engage in gentle exercise
- Focus on the positive

CARE FOR YOUR MIND

- Read a book
- Listen to music
- Learn a new skill
- Take up a hobby
- Spend time with friends
- Practice mindfulness

CARE FOR YOUR RELATIONS

- Spend quality time with partner
- Connect with other new parents
- Reach out to friends for help
- Reach out to family for support
- Set boundaries with those who are not supportive or helpful

"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep, loving concern. Beautiful people do not just happen." — Elizabeth Kubler-Ross

Mental health

Daily tracker

Date _____

Mo Tu We Th Fr Sa Su

How am I feeling this morning?

Great Good Okay Not good Awful

My sleep last night was

Approx. hours _____

Get up time _____

Day to do list

- Brush teeth and wash face
- Get done work tasks
- Eat breakfast and lunch
- Open a window and get fresh air
- Time off screens
- Move my body or take a walk

Today I intend _____

Eye exercises

Cups of water

_____ 1 2 3 1 2 3 4 5 6 7

Evening to do list

- Read c20 pages of a book
- Meditate for 10 minutes
- Brush teeth and wash face
- Write to my journal
- Workout for 30 minutes
- Take a shower

How am I feeling this evening?

Great Good Okay Not good Awful

Am I satisfied with this day?

I am grateful today for

What I like about myself today

What I managed to do today

What I would like to tell myself for tomorrow

Notes

How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun proud
strong active love passion freedom happiness
optimism belief hope inspired courage interest
amusement gratitude delight relaxed calm confident
curious focused worthy thrilled self-respecting kind

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Hi! I'm Kashaun Parker,



I am an Award-winning Public Speaker, Transformational Coach, and CEO of Next Step Forward, LLC. I have dedicated nearly 20 years of my professional career coaching and mentoring others to become better thought leaders for themselves and the organizations that they represent.

My career took an unexpected turn in 2016, when I suddenly lost my husband and I found myself adding to my many hats, Widow and Single Mother. I decided the best way to serve in the space of growth would be to use my personal and professional experience with resilience to support others develop and cultivate their own inner resilience.

Today, I help Everyday Leaders leverage Resilience, Strengths Based Team Building, Cultivate Healthy Relationships, and Create an Inclusive Working Environment, so they continue to provide great value to those they lead and serve!

I'd love to know what your thoughts and experiences are about this workbook.

You can share your insights on my website or connect with me directly on social media.

www.nextstepforwardcoach.com



