

"If only I'd..."

What situation didn't work out today?

Take stock.

What could have been prevented?

What outcomes would have been better?

Writing your thoughts in a reflective journal helps you to remember what to do differently next time.

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FULFILMENT

Make it meaningful

Personal fulfilment comes from knowing your values
and what matters most to you

AND

from translating your values into words and actions.

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Equalise

When we see  to  in our differences, it means:

I value myself and I value you.

I feel equal to you.

I respect our differences even when we disagree.

We both count.

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Gratitude & Appreciation

Note down your 3 best bits everyday - whatever you felt good about, whatever was special, significant or important to you. Fill a jar with your notes, create a monthly gratitude wheel or write a best bits diary.

My new app

Music

Proper coffee break

My home

A good book

Lovely new dress

Feeling well again

Lunch outside with Dee

My family

Zzz...
A good night's sleep
Zzz...

Time for myself

Meeting John after work

great friends

Finishing my project

Being creative

Jo said it was my best work to date

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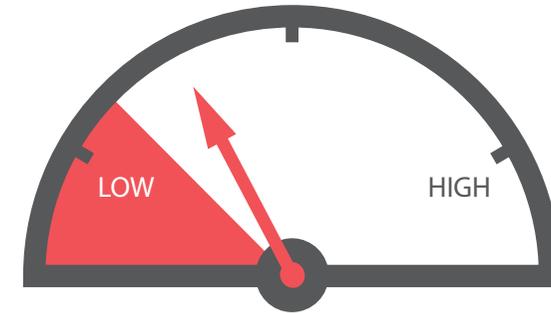
Changing mindsets

You can use moments of surprise or confusion to examine your assumptions. Instead of reacting to errors with denial or defensiveness, you can react with curiosity and excitement.



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Self care



There's more to do and not enough time to do it all.
Things crop up unexpectedly – demands, distractions & requests – you try to get everything done but at what cost?
Start each day with a commitment to focus on today's priorities AND to take care of yourself.

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Which flower is you?



flourishing

blossoming

fading

wilting

unwell

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the little resilience day box[®]

Card print outs (Fronts)