

JOURNEY TO WELL-BEING
Resilience



innernow

JOURNEY TO WELL-BEING:

Resilience

Navigate life's beauty and challenges with self-care tools to build self-regulation and adaptability.

InnerNow's Journey to Well-being gives you the tools and insights you need to navigate your personal journey and uncover the wisdom that is already inside of you. Use this workbook as a complement to the *Journey to Well-being: Resilience program* by Daniel Sannito in the InnerNow App. Often, in the world we live in, we are told to hide our true feelings when we're experiencing difficulty.

Cultivating resilience is a practice that goes against this popular belief of what should be and invites us to name, and even embrace, struggle and hardship. When we name our experiences, we shed light on what is present and can address our highest need in order to regroup and continue forward with clarity. Resilience is not exclusively a practice of courage or toughness; it is a compassionate and vulnerable experience of allowing your whole self to be honored in every moment.

Remember, well-being is a journey, not a destination. There is no "quick fix" or specified regimen. This journey is a commitment to yourself, creating consistent practices in a way that feels aligned for you, to access harmony in all aspects of your life.

Rewrite Your Story, with Compassion

As you continue your journey uncovering the qualities of resilience that you embody, let's practice finding more ways to connect and remain aligned with your resilient, adaptable nature.

EXERCISE | Create a New Narrative

Take this time to reflect on a story, pattern, or narrative that you tend to get stuck in. Perhaps this is a place you return to when fear, stress, or discomfort rises. Often, we are the most critical of ourselves in times of difficulty. Cultivating resilience is a practice of compassion at its core. It's a way to learn to be compassionate with yourself as you discover the ways you need to be nurtured each moment of each new day.

Start by reflecting on the question:

What unserving narrative plays in my mind during times of stress?

Think of the words or phrases that tend to repeat in your mind, what is the tone of your inner voice?

As you bring these thoughts and stories to your mind, try to soften any judgement that rises. See if you can meet each thought or story with more grace, understanding, and compassion. Remind yourself that these thoughts have served a purpose at some time and are likely trying to protect you. Allow each thought to rise and be met with compassion.

EXERCISE | Create a New Narrative (Continued)

Next, we'll invite in more compassion by writing a letter to yourself.

First, bring to mind a person you know deeply and love without condition.

Someone close to you that has made mistakes, has shared their fears and flaws, their triumphs and successes. Throughout the whole journey, you've embraced all aspects of them with compassion and love.

From this same perspective, write a letter to yourself. Thinking of the previous question, what would you say to yourself from this perspective of unconditional love and compassion? Knowing that you are doing your best every day, what compassion can you offer yourself in this letter as you rewrite the unserving narrative that plays on repeat in your mind?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Journal Prompts to Discover Your Resilience

Some of the core qualities of resilience are self-awareness, empathy, acceptance, purpose, and flexibility. Becoming aware, accepting what is present, and adapting to whatever has arisen creates the space needed to continue to return to yourself. In its essence, resilience is a practice in returning to yourself over and over again. Use these prompts to reflect on the qualities of resilience.

EXERCISE | Journaling Prompts

1. Use the lines below or write in your journal at the top of a blank page “In this moment, I am aware that...”

The invitation is to write, openly, what you are aware of. That might be sensations in your body, you might describe in detail the sounds around you. Write down anything that you are aware of in this moment and then write how you feel as you sit with each experience you notice.

EXERCISE | Journaling Prompts (Continued)

2. Who am I, today?

We are inherently adaptable beings. Use this prompt to cultivate deep self-awareness and reflect on who you are today, in this moment.

3. How do you show compassion and care to others?

*Use this prompt to tap into your compassionate and empathetic heart. Try to view this from a perspective that takes you beyond the interactions you have with the people in your home or your close circle. Consider how you care for those in your community you may not interact with as frequently, or the strangers you pass by when you're out in public spaces.
Bonus: How can you extend that same compassion to yourself?*

EXERCISE | Journaling Prompts (Continued)

4. Reflect on what acceptance means to you.

Use this prompt to define acceptance, in your words. Once you create this definition, reflect on a time you found acceptance of a particular situation or perhaps a time it was difficult. In the more difficult moments, how can you invite in the same qualities or practices that are present when things are easy to accept?

5. What is your relationship with change?

Use this prompt to reflect on how you cultivate flexibility and adaptability in your life. You might recall a memory where there was a big shift happening in your life and reflect on that time. When change arises, big or small, how do you feel? Is there resistance, excitement, fear, or something else?

6. How do you practice fortifying your adaptability?

Use this prompt to consider any practices you engage with that allow you to tune into the qualities of adaptability.

Affirmations to Support Cultivating Resilience

Now that you've taken time to reflect, let's create an affirmation that will support your continued practice. Remember, this is a journey, and each day is going to look different. Allow this affirmation to serve as a reminder of your resilient nature and your ability to always return to yourself.

My affirmation to remind me of my resilience is...

Need Inspiration? Try these affirmations:

- *I move with the flow of the changes in my world, with grace and ease.*
- *My adaptability paves the way for all opportunity and abundance to enter my life.*
- *I choose to embrace my whole self and honor each experience with compassion.*
- *I trust my ability to move through any situation courageously.*

Discover Resilience Through Purpose

Creating resilience is a journey that takes practice, commitment, honesty, and compassion. The path you navigate can be supported by following your purpose. Aligning with your purpose and finding meaning in your experiences, especially when faced with change or challenge, can be extremely supportive in cultivating resilience. Give yourself the space to reflect on your purpose as you connect with your inner resilience.

EXERCISE | Reflect on Your Purpose

Take time to pause for an internal reflection, using the 4 Soul Questions. Release the need to write down your answers or reflections and allow this practice to be cultivated within your mind.

Ask yourself:

• Who am I? • What do I want? • What am I grateful for? • What is my purpose?

Remember that this is an ever-evolving journey, be gentle with yourself knowing that these reflections are always subject to change. To align more closely with your purpose, revisit the Journey to Well-being: Purpose program on the InnerNow App with Ismael Cala.

Daily Practices

Try inviting in these exercises to support your daily resilience practice:

1. Create Environments of Support

We have tendencies to stay where we are comfortable or in spaces we are familiar with. When we're stuck in familiarity and resistant to change our environment might not be serving us and it can halt our growth. Consider an environment that is in service to your highest needs.

- What are the details of this environment?
- What elements in this space feel grounding?
- Who is with you in this space?
- What practices or activities are you engaging with in this space?
- Free write about this space – it can be a place that exists or one that you

would love to see.

2. Experience Something Brand New

The best way to strengthen our adaptability is to place ourselves in spaces or in activities that are completely new. When we don't have expectations or experience with something, we automatically tap into our ability to be flexible in our approach as we learn something new. Willingness to change and adapt to new circumstances is a core quality of resilience and the more new experiences you have the more resilient you become. As you find something new to discover consider finding something that

- Requires learning a new skill
- Involves a level of focus
- Can provide feedback or growth opportunities
- Feels both challenging yet easeful

3. Name and Honor Your Boundaries

There are times that we can utilize breathwork, meditation, or mindfulness practices to support us, and times where that might not be accessible. That inaccessibility can come from a lot of different places. Our practice today will help us get clear on what boundaries we need and what will allow us to thrive in every way possible. All of your boundaries are worthy of being named and honored by you and all those around you.

Consider the various forms of boundaries you can create—emotional, physical, mental (intellectual), time, material, and more. How do you communicate your boundaries in each aspect?

Example:

- Emotional: I am so sorry you are having a tough time right now. I am not in a space to take in this information at this moment. Could we come back to this conversation later?
- Physical: If someone sits or stands uncomfortably close to you, you might move away or say, "I need more personal space."
- Mental/Intellectual: I know we disagree, and I can respect that we have different perspectives, but I won't let you belittle my experience or knowledge.
- Time: Do you have time to talk today? Or I can come to your event, I will only be able to stay for an hour.
- Material: Yes! You can borrow my jacket; I'll need it back by this Friday.
- Evidence: I have support in my life that uplifts my voice and sees my inherent value.

4. 5-Minute Body Scan

All experiences we have are manifested and stored in our bodies in some capacity. During any moment, but especially moments that are charged and challenging, we practice taking a moment to pause and scan the body. Reflect on what emotions are present and where they are arriving in the physical body, noticing your capacity to hold so many truths of experience at once. This practice offers an opportunity to learn more about your experience and address whatever is coming up. Resilience is honoring all of your experiences exactly as they are, taking time to understand and then adapt in any way that supports you to honor your needs.

Community Connection

Resilience is a quality that can be cultivated within ourselves and within our communities. Building resilience together is a reminder that we don't have to move through difficulty and challenges alone. When we let ourselves be seen during celebration as well as during struggle the connections we build grow deeper and stronger. Try practicing naming your strengths with a friend, a partner, or even a small group of people to be reminded of your unique talents and gifts in this world.

EXERCISE

| Reflect on Your Strengths and Gifts

Begin by writing down 5-10 of your strengths. Think of the things you enjoy doing, when you feel more at ease, what energizes and excites you, and when you feel like you are standing in your power. Reflect on how and where in your life you use your strengths, and if there is space to utilize your strengths where you may not be using them right now. Then, invite a friend, partner, or a group of loved ones to write down and share with you the same reflection. What do they see your top 5-10 strengths as? How do they witness you using these strengths and where do they see opportunity to invite them in even more?

Bonus: Do the same reflection reciprocated for the loved one or ones you are practicing with. I will practice with...

Reflect on your experience:

How did it feel to be in practice and reflect on your strengths with your loved one(s)?

Resources

Connect with [Daniel Sannito](#)

Support the [Trans Yoga Project](#)

Practice with Daniel's programs on the InnerNow App

InnerNow Articles

[How to Remain Adaptable Through Life's Transitions](#) by Daniel Sannito

[Honor Your Process: How to Find Acceptance Where You Are Now](#) by Gabrielle Marchese

[How to Strengthen Your Self-Trust and Become More Resilient](#) by Nicole Leatherman

[Mastering the Art of Resilience](#) by Rodger Gabriel

Congratulations!

You've completed the Resilience workbook! These tools are meant to support you whenever you need them most. Remember to view this as a journey rather than a destination. As you continue to practice and grow forward on your path, revisit these tools and resources as often as you need to serve and support you cultivating resilience in your life. We're here to support you along this journey and look forward to continuing to explore with you.

Visit the InnerNow App next month for a new theme and practices!

You are always on your way!