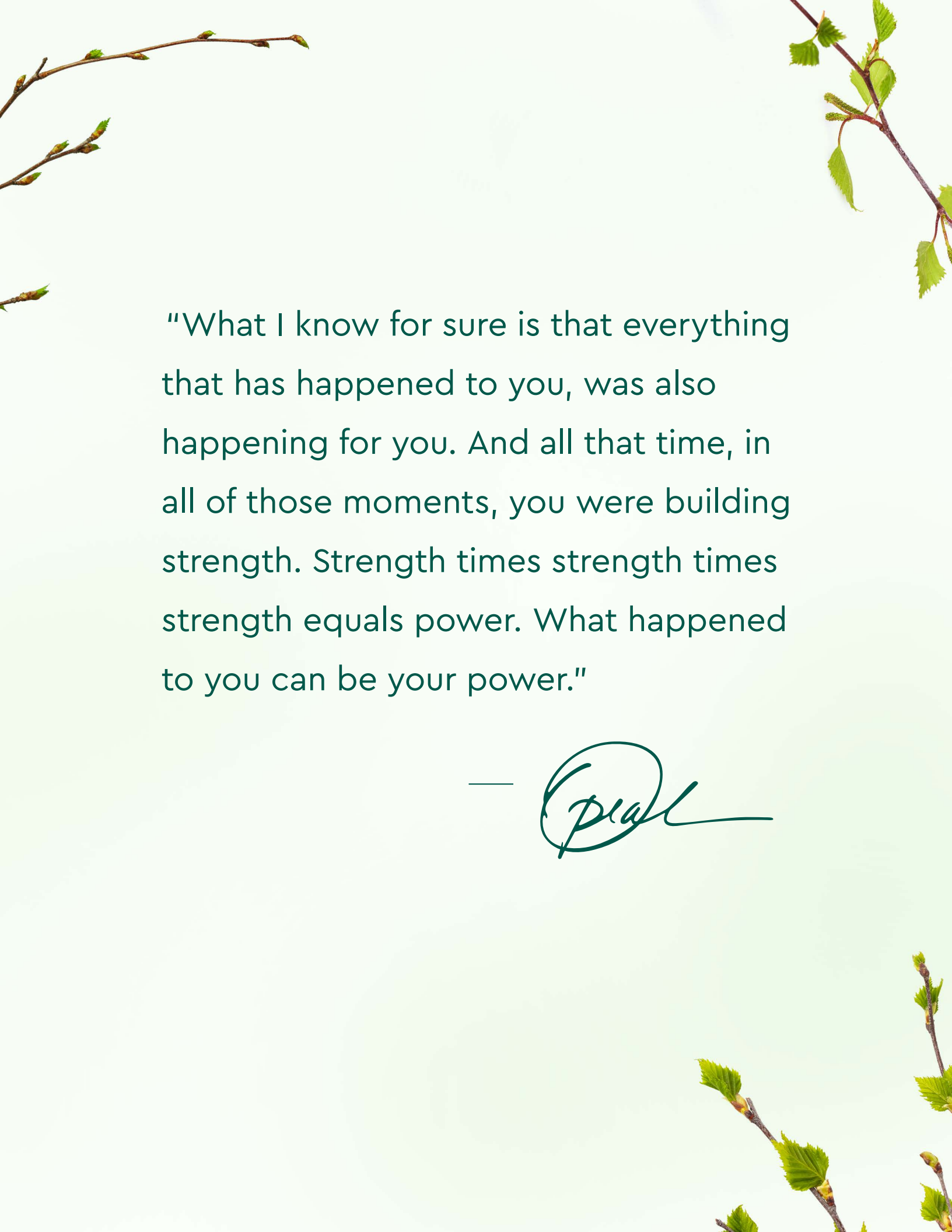




PRESENTS

Deal's

YOUR LIFE IN FOCUS:
SPRING FORWARD STRONGER
WORKBOOK



"What I know for sure is that everything that has happened to you, was also happening for you. And all that time, in all of those moments, you were building strength. Strength times strength times strength equals power. What happened to you can be your power."

— *Paul*



May 8, 2021

Acknowledging the Challenges

The past year brought unexpected challenges into all of our lives. Preparing to spring forward begins with first acknowledging what happened to us.

The boxes below are already checked because we shared these experiences:

- The presence of a global illness
- Uncertainty about the future

Now, take a moment to recognize any additional challenges you faced this year. Check any box that applies to you:

- Illness
- Financial distress
- Relationship tension
- Death of loved one(s)
- Unexpectedly educating children at home
- Heightened risk as an essential worker
- Community division (political and racial stress)
- Missed milestone rituals like weddings, graduations, anniversaries, family reunions, funerals
- Responsibility overload
- Social isolation and loneliness
- Diminished sense of health and wellness (increased anxiety, fatigue, sleeplessness, weight gain)
- _____ (other)

How many additional challenges did you identify?

0-2

3-5

6-8

9-12

Challenge has been a hallmark for all of us this past year. To start, our shared experience of facing a global illness along with uncertainty about the future is enough to disrupt our wellness journey.

Each of us, undoubtedly, has also carried additional burdens. So let's pause together and reflect on all the challenges you've faced. Remember, in this moment you are here. In this moment, you are well. The light of possibility is ready to shine for you.

Cultivating the Good Stuff

Very often, our greatest challenges build strength and resilience beyond what we believed was possible. This is where hope lives. We all brought individual strengths into this experience. And, we've also cultivated new sources of strength along the way. What examples of resilience have emerged for you? Check all that apply.

- Connecting more with family and friends via technology
- Focusing on health
- Helping others
- Deepening spiritual practices
- More time outdoors
- Practicing gratitude such as journaling or personal reflection
- Therapy/online support groups
- New/renewed hobby or project, such as home improvement
- Sleeping better/more
- Exercising or mindfulness practices like meditation
- More conscious use of social media/screen time
- Choosing to be kinder to yourself

How many sources of resilience did you identify?

- 0-2
- 3-5
- 6-8
- 9-12



Where You Are Now

Before we move ahead, let's assess where we are. The number of resilience sources you checked is a starting point – a place of self-knowledge to help you spring forward and build on your personal strengths.

If you checked...

0–2:

You've mustered the strength to get through a difficult time, and that's significant. You probably wish you felt stronger – and you can. It's as simple as finding something to appreciate. Spending time outside. Choosing to be gentle with yourself. A healthy meal with a friend. Each small step you take for yourself builds stamina for another one.

3–5:

You're making things happen, most likely for others as well as yourself. And during a global health crisis that takes huge amounts of energy. It's only natural that now and again you feel depleted, and possibly discouraged. To offset this, think about a self-care practice that you might fit more regularly into your life – a walk after dinner, journaling or choosing foods that nourish you.

6–8:

You're powered by optimism. As tough as the pandemic has been, you're determined to find the goodness to keep life on a positive and even keel. Carry on! But on occasion, step back and examine what hasn't gone well for you as a way to learn how to make it better.

9–12:

You're thriving as much as anyone can during a worldwide lockdown. Your resiliency knows no bounds – and that's the key to moving forward. Extend yourself to someone who isn't faring as well and you'll likely find it's what you both need.

Where You Want to Go

Review the sources for resilience that you checked and write down your top two new strengths.

1. _____
2. _____

Now, identify one strength or goal you would like to develop to create a stronger, healthier life right now.

Strength x Strength

As Oprah says: Strength x Strength x Strength = Power. Fill in this formula for yourself using your top-two strengths and the new strength you chose above.

_____ x _____ x _____ = Your Power

I, _____,

am committed to springing forward stronger in the ways I listed above.

I will follow up with _____ (name of person)

on _____ (date) to discuss my progress.

_____ (Your signature) _____ (today's date)