

MINDSET & GOALS: Getting Good at Stress & Building Resilience

Live a Life You Love

My Growth Mindset to Manage Stress Well:

My Long-Term Goals: (6 months to 1 year)

- _____
- _____
- _____

My 1 Month Goals:

- _____
- _____
- _____

My Best Support & Why: (people, groups, organizations...)

- _____
- _____
- _____

My Physical Health & Well-Being											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Mental/Emotional Health & Well-Being											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Spiritual Well-Being											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Quality of Daily Life											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Stress Levels											
Low	1	2	3	4	5	6	7	8	9	10	High
My Ability to Manage Stress Well											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Pain Levels											
None	1	2	3	4	5	6	7	8	9	10	Worst

“The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering.”

Ben Okri, Nigerian poet & novelist.



Struggles to
TRIUMPHS
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My Weekly Goals - Week #1:

- _____
- _____
- _____

Obstacles I Will Need to Overcome:

- _____
- _____
- _____

Steps I Will Take to Overcome Obstacles:

- _____
- _____
- _____

My Weekly Goals – Week #2:

- _____
- _____
- _____

Obstacles I Will Need to Overcome:

- _____
- _____
- _____

Steps I Will Take to Overcome Obstacles:

- _____
- _____
- _____

“Don’t let anyone walk on your mind with their dirty feet.”
Mahatma Gandhi



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My Physical Health & Well-Being											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Mental/Emotional Health & Well-Being											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Spiritual Well-Being											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Quality of Daily Life											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Stress Levels											
Low	1	2	3	4	5	6	7	8	9	10	High
My Ability to Manage Stress Well											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Pain Levels											
None	1	2	3	4	5	6	7	8	9	10	Worst

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My Weekly Goals - Week #3:

- _____
- _____
- _____

Obstacles I Will Need to Overcome:

- _____
- _____
- _____

Steps I Will Take to Overcome Obstacles:

- _____
- _____
- _____

My Weekly Goals – Week #4:

- _____
- _____
- _____

Obstacles I Will Need to Overcome:

- _____
- _____
- _____

Steps I Will Take to Overcome Obstacles:

- _____
- _____
- _____

“An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.”
Unknown



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My Physical Health & Well-Being											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Mental/Emotional Health & Well-Being											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Spiritual Well-Being											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Quality of Daily Life											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Stress Levels											
Low	1	2	3	4	5	6	7	8	9	10	High
My Ability to Manage Stress Well											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Pain Levels											
None	1	2	3	4	5	6	7	8	9	10	Worst

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My Weekly Goals - Week #5:

- _____
- _____
- _____

Obstacles I Will Need to Overcome:

- _____
- _____
- _____

Steps I Will Take to Overcome Obstacles:

- _____
- _____
- _____

My Weekly Goals – Week #6:

- _____
- _____
- _____

Obstacles I Will Need to Overcome:

- _____
- _____
- _____

Steps I Will Take to Overcome Obstacles:

- _____
- _____
- _____

“It is well with my soul.”
Horatio Spafford, hymn



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My Physical Health & Well-Being											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Mental/Emotional Health & Well-Being											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Spiritual Well-Being											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Quality of Daily Life											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Stress Levels											
Low	1	2	3	4	5	6	7	8	9	10	High
My Ability to Manage Stress Well											
Poor	1	2	3	4	5	6	7	8	9	10	Superb
My Pain Levels											
None	1	2	3	4	5	6	7	8	9	10	Worst

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My Weekly Goals - Week #7:

- _____
- _____
- _____

Obstacles I Will Need to Overcome:

- _____
- _____
- _____

Steps I Will Take to Overcome Obstacles:

- _____
- _____
- _____

My Weekly Goals – Week #8:

- _____
- _____
- _____

Obstacles I Will Need to Overcome:

- _____
- _____
- _____

Steps I Will Take to Overcome Obstacles:

- _____
- _____
- _____

“Courage does not always roar.
Sometimes courage is the quiet voice
at the end of the day saying, “I will try again tomorrow.”
Mary Anne Radmacher



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My Physical Health & Well-Being
Poor 1 2 3 4 5 6 7 8 9 10 Superb
My Mental/Emotional Health & Well-Being
Poor 1 2 3 4 5 6 7 8 9 10 Superb
My Spiritual Well-Being
Poor 1 2 3 4 5 6 7 8 9 10 Superb
My Quality of Daily Life
Poor 1 2 3 4 5 6 7 8 9 10 Superb
My Stress Levels
Low 1 2 3 4 5 6 7 8 9 10 High
My Ability to Manage Stress Well
Poor 1 2 3 4 5 6 7 8 9 10 Superb
My Pain Levels
None 1 2 3 4 5 6 7 8 9 10 Worst