

Resilience Starter Habits Checklist

These small daily habits help build the foundation of resilience. Use this checklist to choose simple actions that support emotional strength, calm, and consistency.

	Drink a glass of water in the morning
	Step outside for 1 minute
	Take 3 slow, calming breaths
	Name one emotion you're feeling
	Do one small act of self-kindness
	Write down one thing you're grateful for
	Do a tiny movement stretch
	Practice one mindset shift or gentle thought
	Connect briefly with someone supportive
	Protect one small boundary today

Reflection Prompt

Which habits felt most supportive today? _____

Which habit do I want to repeat tomorrow? _____