

# Resilient Leadership: Aligning of Mind, Body, and Spirit

The worksheets in this packet are designed to help you develop a self-care plan. The exercises will guide you in identifying sustainable practices that support your overall well-being and resilience as a leader. Follow the steps below to create a plan that aligns with your unique needs and leadership goals.

## Step 1: Self-Assessment

Reflect on the current state of your well-being to identify areas for improvement (1 = Struggling, 5 = Thriving).

Area	Current State (1-5)	What's Working Well	What Needs Attention
Mind		E.g., Focus, Mental Clarity, Stress Management	E.g., Overthinking, Burnout Risk
Body		E.g., Energy Levels, Physical Activity, Sleep	E.g., Fatigue, Lack of Movement
Spirit		E.g., Connection to Purpose, Values, Peace	E.g., Feeling Disconnected, Overwhelmed

**Reflection Question:** What surprised you about this assessment? How does it reflect in your leadership?

## Step 2: Align the Mind, Body and Spirit

**Strengthen the Mind:** Develop habits to cultivate mental resilience through mindfulness, focus, and emotional regulation.

Mindfulness Practice	Why Is This Important to me?	How Will I Implement This?	Frequency
E.g. 5-minute meditation daily	E.g. Helps me refocus when I feel overwhelmed	E.g. Set a reminder on my phone	E.g. Daily, weekly

**Reflection Question:** What obstacles might prevent you from implementing this, and how can you overcome them?

**Care for the Body:** Develop physical practices that support energy, health, and stamina in leadership.

Physical Well-Being Practice	Why This Is Important for You	How You Will Implement This	Frequency
E.g. 10-minute morning stretch	E.g. Boosts my energy and prevents stiffness	E.g. Do it before breakfast	E.g. Daily


**Reflection Question:** How will improving your physical health affect your ability to lead effectively?

**Nurture the Spirit:** Reflect on your values and purpose to align your spirit and stay connected to what matters most.

Spiritual Well-Being Practice	Why This Is Important for You	How You Will Implement This	Frequency
E.g. Journaling about my purpose	E.g. Helps me reconnect with what drives my work	E.g. Write in journal before bed	E.g. Weekly

**Reflection Question:** How does this practice help you stay grounded in your purpose when challenges arise?

### Step 3: Values and Leadership

List three (3) core values that anchor your leadership:

**Reflection Question:** How do these values show up in your day-to-day leadership? What's one way you can live out these values more fully?

### Step 4: Your Well-Being Routine

#### I. Your Routine

Using the information you recorded in steps 1-3, create a routine that best integrates mind, body, and spirit practices into your life and leadership.

Time of Day	Mind Practice	Body Practice	Spiritual Practice
<b>Morning</b>	E.g., Set an intention for the day	E.g., 5-minute stretch	E.g., Reflection on my purpose
<b>Midday</b>	E.g., 5-minute breathing exercise	E.g., Take a walk outside	E.g., Gratitude reflection
<b>Evening</b>	E.g., Journal about the day	E.g., Gentle yoga or relaxation	E.g., Meditation or prayer

**Reflection Question:** What is one small habit you can start with tomorrow? How will you stay consistent?

## II. Accountability Partner

Identify a person who can help you stay committed to your well-being plan.

Who is your accountability partner for this plan?

How will you check in with them?

Frequency:	Method (call, text, email):
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## III. Check-in: Weekly Reflection

Monitor your progress and adjust your well-being practices as needed.

What went well this week in caring for my mind, body, and spirit?

What challenges did I face in staying consistent?

What will I adjust or focus on next week to improve?

## Step 5: Commit to Action

Commit to one practice you will implement starting today.

Which practice will you start with? Why is it important to you?

How will you ensure consistency over the next 30 days?