

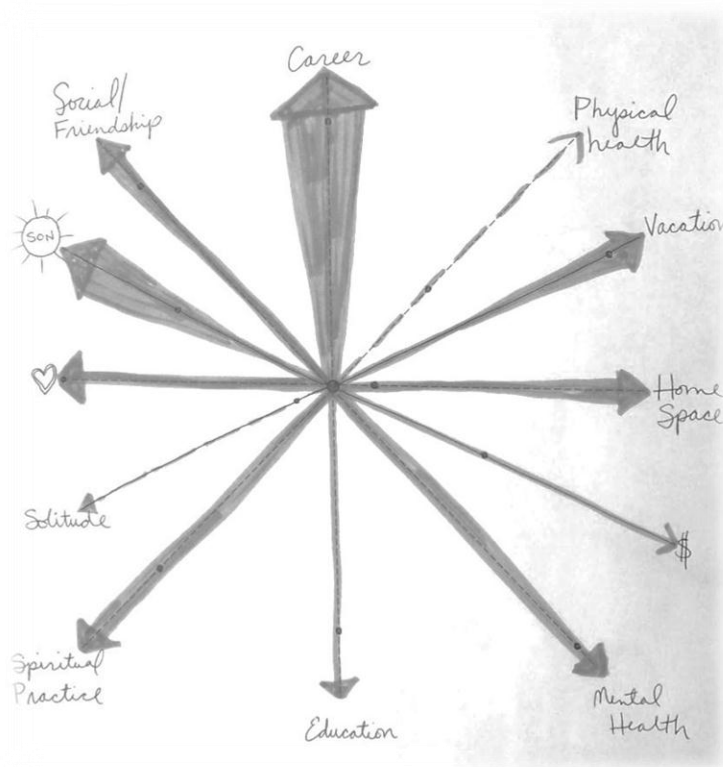
7 Steps to Mapping Your Resilience

1. Label each spoke with at least 8 life domains (use the circle matrix on page 3).

- Solitude
- Family
- Children
- Recreation/Leisure
- Profession/ Job
- Education/ Learning
- Friendship
- Home Space
- Community Service
- Spiritual Practice
- Physical Health
- Mental Health
- Social Health
- Hobbies
- Other

2. On a scale of 0 to 10, with the center of the map being a 0= totally unsatisfied, the center of the spoke being a 5= partially satisfied and the end of each spoke being a 10= totally satisfied; place a small mark that signifies your level of satisfaction with each life domain.

3. Using a marker or colored pencil, draw an arrow on each spoke, from the center point of the map to the end. Vary the thickness of the arrow to indicate the amount of time and energy that you put into this life domain. Keep in mind, this is not an exact science, but the thicker the arrow the more time and energy that you are currently spending in this life domain. See the example below. Feel free to add extra spokes if needed.



4. Take a few minutes to examine your map. Notice the domains where you have high levels of satisfaction. Notice the domains that give you high levels of satisfaction, but you don't invest a lot of time and energy. Notice the domains where you have low levels of satisfaction, but you invest lots of time and energy. Which domains are most important to raise your satisfaction level? Are there any domains that could be cross-pollinated to evoke a boost in satisfaction in multiple domains? Use the back of the map (pg. 4) to record your insights.
5. Ex. Notice the map above. This Resilience map was completed by a single mother who recorded lower satisfaction in her physical health, time for solitude and in her relationship with her son. What if she looked at, these three areas for a common solution?
 - Write a key issue/ opportunity for improvement for each of these areas with low satisfaction
 - i. Physical Health: "I need to exercise more!"
 - ii. Relationship with Son: "I need to establish a better routine for the end of the day!"
 - iii. Solitude: "I need more time to be alone and creative... not just cleaning and sleeping!"
 - Look for common threads and consider that there is one solution... to invest more and benefit all domains.
 - **What if** she made a priority to do a FUN! 20 minute workout with her son each day after dinner? This would give them time together, where they both got the exercise that they need and ... would give her son an opportunity to expell the last of his energy, thus making bedtime easier and mom time for solitude, much more likely. It's like catching 3 butterflies with one net!!
 - Creative solutions are all around us, if we take some time to think outside of the box and believe that something better is possible.
 - Noticing our experience will help us to uncover our strengths in resilience and our needs to invest more in the key areas of our lives.
6. Take time to look for the insight that you can gain, by noticing how your satisfaction lines up with your time and energy investment. Be careful not to try to change too much too fast... we often give ourselves long lists of things to change, without really having a prioritized plan. Set yourself up for success, choose one solution that will benefit many domains of resilience.
7. Consider making this resilience mapping activity a part of your self-care plan. Set a calendar reminder to do a resilience map every 3-6 months; mindful attention to these details is sure to increase your satisfaction over time.

