

BUILDING RESILIENCE THROUGH LIFESTYLE CHOICES

PARTICIPANT'S NAME: _____ DATE _____



Module Ten

Challenges and Opportunities

Prompt	Internal	External
What recent challenges have I faced in maintaining my progress?		
How did I handle those challenges?		
What could I do differently next time?		

Strengthening My Resilience

Which routines have helped me stay consistent?

What new habits could I add to increase resilience?

Flowchart for Meal Prepping

