



The Resilient Leader Cue Card Overview

The Resilient Leader™ cue cards provide instructions on how to perform a number of the most important resilience building behaviors. As you focus on each behavior post the appropriate card in one or more visible places. This envelope contains your starter set. Print out more as needed.

The following are included:

- Arriving Mindfully
- Breathing Exercise
- The Five Things You Cannot Change
- The Four Most Powerful Questions
- The Kindness Reflection
- Offering Support
- Practicing Optimism
- The STOP Technique
- Your Keystone Habit