

MENTAL RESILIENCE TRAINING

Weekly Cognitive Alignment & Recovery Log

CHALLENGE IDENTIFICATION

Current stressor or obstacle:

COGNITIVE REFRAMING

How can this be viewed as an opportunity?

FOCUS & CONTROL

List factors within your direct influence:

CORE VALUES ANCHOR

Which value guides your response today?

RESILIENCE DISCIPLINE TRACKER

Practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Deep Breathing / Meditation (10m)							
Physical Movement / Exercise							
Gratitude (3 Points)							
Stoic Reflection / Journaling							
END OF WEEK SYNTHESIS							

"The impediment to action advances action. What stands in the way becomes the way."