

Personal Resilience Toolkit

This worksheet helps you build a personal resilience toolkit to navigate existential anxiety with greater stability, clarity, and intention.

1. Stabilize Your Nervous System

What helps your body feel safe and grounded? (e.g., breathing, movement, touch, rest)

2. Identify Your Strengths

What are your core strengths? When have you used them before?

3. Clarify Your Values

What truly matters to you right now? What feels meaningful or important?

4. Set a Small Meaningful Goal

What is one small step you can take that aligns with your values?

5. Self-Care Check-In

Where are you currently depleted? What kind of care do you need more of?
