



## 1. What do I want?

Consider what matters the most to you, what you want more of in your life and how living from what is important to you affects your resilience and how you “show up” in daily life.

## 2. What gets in the way?

Become more aware of the day-to-day stressors and the emotions you experience in response to each stressor. Consider your reaction to stressors and how that affects you, including how your emotional reaction depletes your energy and resilience.

## 3. What can I do?

Practice the in-the-moment techniques to neutralize stress reactions and build your resilience. You’ll discover that regardless of the stressors you encounter in day-to-day life, you can build your capacity to choose how to respond in any moment. Your practice can lead to more effective choices, better communication, less stress and has the potential to positively impact your health and wellbeing.

## 4. How can I sustain it?

Consistent practice of the coherent techniques helps build a new baseline of resilience where you naturally start to experience less stress and are more resilient. You may discover you gradually become more of who you truly are.