

YOUR 7-DAY

RESILIENCE

Checklist ✓

8 STEPS

TO BOOST YOUR

"Bouncebackability"



Welcome to Your 7-Day

RESILIENCE

✓ Checklist

There's a good reason resilience is a trending buzzword.

Over the past few years, we've all felt how important it is to be able to bounce back from challenging situations.

How great would it be to be able to tackle problems head-on and come out of it feeling stronger than ever?

ENTER:

Resilience

Think of resilience as being like a rubber band. It can stretch and bend but always returns to its original shape.

When you are resilient, you can navigate tough situations more easily – and return to being happy and healthy even faster.



There are things you can do starting TODAY to help improve your own resilience.

In this eBook, we'll outline eight simple actions with the biggest payoffs.

Then, we'll guide you through a 7-Day Resilience Checklist to help you practice those actions, and discover which ones work best for you.

At AXIS Training Studio, we help women & men over 50 balance their fitness and lose weight!

Want a sneak peek into how we've helped thousands of other Gainesville area clients just like you do this?

Call/text us to check out some success stories and learn how our simple approach can help you, too!



COMMITTED
To your success,

JAKE THOMPSON

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RESILIENCE

Is a Superpower

It's true: resilience helps you stay strong when you need it most.

But check this out: TRUE resilience has one characteristic that makes it even better than a superpower. You don't have to be born with it. You can work to make it stronger.

Resilience can help you:

- ✓ **Overcome obstacles**
- ✓ **Stay positive when things are difficult**
- ✓ **Come back strong after being knocked down**

The 4 core components that make up resilience also help you live a happier, healthier, more balanced life.



THE KEYS

to Resilience

- CONNECTION** *Strong relationships and social connections*
- WELLNESS** *Practicing regular self-care to boost your physical health*
- OPTIMISM** *Taking steps to find a healthy outlook, perspective and focus*
- MEANING** *Finding a purpose and working toward goals that help in self-discovery*

8 STEPS TO ACHIEVE

Resilience

REACH OUT

A strong social network can provide you with a sense of community that lifts you up when times are tough.

EAT A HEALTHY DIET

A healthy whole-foods-based diet fights stress in your body, gives you energy, and boosts your immune system and health.

PRACTICE GRATITUDE

Gratitude boosts optimism and fights negativity, helps you become more solution-oriented, and can promote healthier relationships.

EXERCISE

Regular exercise is strongly linked with increased resilience.

GO OUTSIDE

Taking time in nature boosts your self-efficacy, which is your belief that you can handle life's challenges.

SLEEP

Too little sleep can drain your energy, your mood, and your long-term physical and mental health.

BE MINDFUL

A regular mindfulness practice (yoga, breathing, meditation, prayer, journaling, etc.) can help you feel balanced when stress or problems arise.

SELF-DEVELOPMENT

Reading, watching, and listening to personal development info can give you new perspectives that build your resilience and help you feel empowered.





STRONGER. HAPPIER.

Healthier

**READY TO FEEL BETTER INSIDE
AND OUT? OUR NAME OF
PROGRAM HAS HELPED
THOUSANDS OF CLIENTS MAKE
IT HAPPEN!**

*Our training programs work
because of our metabolism-
boosting workouts, time-
tested custom coaching
protocol & we meet you
where you at!*

**MAY PROMOS GOING ON
NOW!**

- ✓ fitting into old clothes - and brand-new ones, too
- ✓ more energy
- ✓ feeling more confident
- ✓ And more!

AND IT GETS EVEN BETTER...

- ✓ A proven plan - no more guesswork!
- ✓ Weekly action plans
- ✓ Coaching to help you through the rough spots
- ✓ Accountability

THE 7-DAY RESILIENCE Checklist

Every day, check off at least 4 of these resilience-boosting activities.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Get 7-8 hours of sleep							
Exercise at least 15 minutes							
Eat a healthy, whole foods diet							
Go outside for at least 15 minutes							
Write down 5 things you feel grateful for							
Read 10 pages of a self-development book							
Reach out to at least 1 person in your social network							
Spend 5-10 minutes in mindfulness: journal, pray, breathe, meditate							

**"LIFE DOESN'T GET EASIER OR MORE FORGIVING,
WE GET STRONGER AND MORE RESILIENT."**

Steve Maraboli