

The Resilience Reset

Strategies for Renewing Energy, Enhancing Focus, and Building Grit

"When we are no longer able to change a situation, we are challenged to change ourselves."

— Viktor Frankl

Burnout is not a badge of honor. It drains energy, clouds judgment, and erodes joy. Resilience is not about pushing harder. It is about resetting smarter. This reset helps you build daily habits, protect your energy, and create breakthroughs that last.

Reality Check. On a scale from 1 to 10, how are you feeling right now? ____ / 10

The Burnout Triangle: Which one hits home most for you?

1. Overload — Too much to do and not enough time
2. No Control — Feeling like you have no autonomy
3. No Meaning — Losing sight of the bigger picture

Breakthrough Habits

1. Set a real boundary
2. Start with one minute intention
3. Celebrate daily wins
4. Add a dose of joy

Essential Well Being Tips

- Connect daily
- Say no to protect your energy
- Ditch the Type E trap (Everything for Everyone)
- Practice gratitude
- Move your body regularly
- Prioritize sleep

Your Change Toolkit

1. Clarity — What is true today?
2. Connection — Who is in my corner?
3. Curiosity — What can I learn?
4. Compassion — Where do I need grace?
5. Choice — What can I do right now?

Your Reset Action Plan

This Week: I will practice one breakthrough habit every day.

Right Now: I will schedule one item from my energy menu.

My Commitment: _____

Resilience Quick Reference

Burnout Triangle — Overload, No Control, No Meaning
Breakthrough Habits — Boundaries, Intention, Wins, Joy
Energy Menu — Personal and Professional
Well Being Tips — Connect, Say no, Gratitude, Move, Sleep
Change Toolkit — Clarity, Connection, Curiosity, Compassion, Choice

A Closing Reminder

Resilience is not about avoiding challenges. It is about building habits that help you reset, refocus, and rise stronger. Every reset creates momentum for your next breakthrough.

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