



# THE BOUNCE-BACK BLUEPRINT WORKBOOK

## BREAKING THE CYCLE: SMALL SHIFTS, BIG MOMENTUM



### The Truth About Resilience

What resonates with you most? Capture it here.

2

### STRATEGY: BREAK THE CYCLE

Use this space to jot down notes and examples.

**What's one strategy or micro-movement that resonated with you the most?**


Use this space to jot down what you want to remember.



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## 2 STRATEGY: MINDSET RESET


Use this space to jot down notes and examples.




### Power of AND Activity

Use this space to work through your real-world scenario and practice the Power of AND.

**Your Real-World Stuck Scenario:**



**Your 'AND' Statement:** The Hard Part + One Truth + One Possibility



## PRACTICE AGAIN:

**Your 'AND' Statement:** The Hard Part + One Truth + One Possibility

