Five Pillars of Wellness and Resilience Worksheet

Words to use to complete this diagram:

FAMILY  BODY  SPIRIT  MIND  RELATIONSHIPS

Learning  Connections  Purpose
Legacy  Emotionally Aware
Nutrition  Values  Connections
Recreation  Perseverance
Communication  Priorities
Decision Making  Perspective
Rest  Affection  Adaptability
Physical Fitness  Social Support
Identity

List all five pillars and describe one activity that you will do during the next month to support your resilience during this time.

Pillar of ___________:  __________________________________________________________________________________________
Pillar of ___________:  __________________________________________________________________________________________
Pillar of ___________:  __________________________________________________________________________________________
Pillar of ___________:  __________________________________________________________________________________________
Pillar of ___________:  __________________________________________________________________________________________