



# Resilience Reflections: Inquiry and Journal Prompts for Challenging Times

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## *Journal Prompts for Business Leaders:*

### **Reflecting on Your Role as the Captain of Your Venture**

- **Prompt:** How do I view my role in steering the direction of my business, especially during turbulent times? In what ways can I better trust my capabilities and the strength of my vision to navigate through uncertainty?

### **Self-Approval in Decision-Making**

- **Prompt:** Reflect on a recent decision I had to make. Did I seek external validation, and why? How can I cultivate a stronger trust in my own judgment and intuition as I scale my business?

### **Making Informed Decisions with Available Information**

- **Prompt:** Consider a challenging decision I made in the past. With the information and resources I had at the time, did I do my best? Moving forward, how can I ensure that I'm gathering and utilizing available resources to their fullest potential in my decision-making process?

### **Embracing the Validity of Your Decisions**

- **Prompt:** How do I define a "successful" decision? Reflect on the idea that there's no perfect decision, only the next step forward. How can this perspective change the way I approach decision-making in the future?

### **Strength, Capability, and Adaptability in the Face of Outcomes**

- **Prompt:** Reflect on a time when an outcome wasn't what I expected. How did I adapt, and what did I learn? Going forward, how can I embrace the inherent strength and adaptability within myself to turn challenges into opportunities for growth?



## *Using These Prompts:*

- **Set aside regular time for journaling**, preferably in a quiet, contemplative space where you won't be interrupted. This could be a part of your morning routine, a midday break, or an evening reflection session.
- **Write without self-censorship**. Allow your thoughts and feelings to flow freely. This exercise is for your eyes only and is a space for honesty and personal growth.
- **Reflect on your responses**. After journaling, take some time to think about what you've written. Are there patterns or insights that surprise you? How can these reflections inform your future actions and leadership style?
- **Take action based on insights gained**. Use your journaling reflections to guide tangible changes in your leadership approach, decision-making processes, and business strategies.