

CREATING A

# Resilient Lifestyle

WORKBOOK

An 8-day jump start to owning your personal strength and overcoming life challenges in faith!

Dembris Danyelle, LCSW

# Hi Beauty!

I'm so glad you are here! By choosing to explore and use this workbook it means you have made a decision to **live life with more meaning, faith, determination, and resilience!** Let me just say that I am here for it! This workbook was designed with you in mind.

Life has a sure way of reminding us that the road to a more resilient lifestyle is made by **going through-facing adversity head on with grit and courage.** Sounds good right? Truth be told, sometimes you just don't have a spark of motivation, an ounce of hope, the willpower to keep going, the strategy to figure out what's next, or the support to help you stay on track. Those moments can feel so draining: physically, mentally, spiritually, and emotionally.

But, we are not here to focus on the problem. Let's talk about finding the solution and moving into **ACTION.** My hope is that this workbook will help spark a new level of resilience within you, inspire you to own your personal strengths and walk boldly in your faith!

Disclaimer: **Effort is a part of the process.** For the next 8 days, **make a commitment with yourself** to "be willing". The version of yourself that you are waiting on to show up is waiting on you....now let's get to work!



With Love & Gratitude,

Coach Dee



# More Tips for Giving Yourself Grace

#1 Focus on what you can control.


#2 Be willing to forgive.

#3 Create healthy boundaries.

#4 Ask for help when you need it.

#5 Remember, no one is perfect.

Practice giving yourself grace every day.





# P FINDING Purpose

## Day Two

Sometimes we have difficulty finding purpose and meaning in life. Have you ever asked yourself..."What's the use?" , "Why do I keep going through this?" ,or "What is it about me?" Taking some time to think about purpose brings clarity and focus.

**It makes a difference going through the valley when you know the destination is the mountaintop.**

Complete the thought with a verb (ACTION WORD). Try to come up with at least 5-10 thoughts.

**My life is ideal when...**

*Example:*

*My life is ideal when I balance work and life responsibilities.*

*My life is ideal when I own my confidence*

*My life is ideal when I love freely.*

**Rank your answers from most important**

# OWN YOUR Strength

## Day Three

Did you know there are somethings that are uniquely designed just for you? You have the grace to conquer specific battles with the strength and ability that is WITHIN YOU. The best part about it...no one can take that from you! Own your personal strengths. There is no room for fear when owning your strengths.....only space for FAITH. First we start with possessing and accepting our strength. Then we practice affirming!

**Your strength will inspire, transform, challenge, motivate, help, support, encourage, and the list goes on! Own it like only you can!**

## TODAY I OWN

What new strength have you discovered?

"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."

Arnold Schwarzenegger

# Affirming PRACTICE

Affirm (verb): To state as a fact; assert **strongly** and **publicly**.

Day Four

Listen, if you are going to be willing to talk the talk, you also have to be willing to walk the walk. This is where fear tries to remind you of your flaws, doubts, and limitations. Your brain tries to remind you of what is safe and what is comfortable for you. Don't think too big. Don't feel too strong. Don't be too confident. You're not worthy of love. Why should you have success? Don't challenge yourself too much.

THOUGHT CHECK! Clear all of those limiting beliefs! You have limitless potential on the inside of you! You are a walking billboard of faith! Look at what you have had to overcome and endure up until this point. And you are still going...

What you affirm is a reflection of what you are thinking about yourself and the life you desire. What you affirm affects how you show up in the world on a daily basis. You have owned your strengths, now let's affirm your strengths and desires on a daily basis. It's helpful if your affirming statements begin with "I am", "I am willing to", "I accept", "I allow", and "I can" (just in case you needed a place to start). So find you a mirror, look yourself right in the eye, hold your head up, shoulders back, stand assured in who you are, and practice AFFIRMING every day!

# DAILY RESILIENT DECLARATION

TODAY, I have new **GRACE** to accomplish my goals.

I feel **ALIVE** and **REFRESHED** with a brand new spirit in my heart and mind.

I choose to **FORGIVE** myself and others.

There is an **ABUNDANCE** of support for me.

I have people who I have to **WIN** for and I can't give up now.

I have to **KEEP GOING!**

I'm making a **COMMITMENT** to invest in my mental, physical, and emotional health.

I am **WORTHY** of love, joy, abundance, good health, and freedom.

I am **WILLING** to do the work needed in order to get what I say I want.

I maintain **MY POWER.**

I nurture the seeds of **GREATNESS** inside of me.

I'm walking in **DIVINE FAVOR.**

I am **STRONG.**

I am **POWERFUL.**

I can move past any limitations.

My potential is **UNLIMITED.**

I **PIVOT** away from fearful thoughts.

I am **FEARLESS.**

I am always **OVERCOMING.**

I have a **GROWTH MINDSET.**

I am **BOLD.**

I am **BEAUTIFUL.**

**I choose to embrace a more resilient lifestyle!**







# Fitness HABIT

## Day Five

Today is the day you take back your will power to challenge yourself physically! We can't grow in our mental, spiritual, and emotional health and forget about our physical health. We are one body that operates through systems that are constantly communicating with each other. Living a more resilient lifestyle means creating a resilient mind, a resilient spirit, and a **resilient body!**

Disclaimer: I am not a health expert or fitness trainer. Despite that, I do know there are positive benefits from living an active lifestyle and I'm sure you do too. If you are like me maybe you have created workout days, told yourself you were going to the gym, joined various fitness challenges, purchased countless home workout videos or researched all the diets to help keep you accountable. You start strong, fall off, pick back up again, get caught up with work, miss workout days, get frustrated with yourself, then start all over again. This toxic cycle with your health and fitness CAN BE BROKEN! Let's go ahead and acknowledge the truth.

My theory is that physical exertion of energy (exercise) is your physical response to the thought of 'giving effort'. Psychologically, I believe this theory helps to keep your intention on action based activities rather than settling in what feels comfortable. Fitness does not only include exercise, but also nutrition and hydration. How are you fueling your body to put out the energy you need on a daily basis?

If you are already being mindful of daily exercise and nutrition....KEEP ROCKING IT OUT or find ways to challenge your routine! If you have been a little neglectful- give yourself some grace- and start again, today! Be willing to incorporate at least 20 minutes a day of physical exercise, more water, and more energy boosting foods in your diet. Your resilient body will be thankful you started!





# WORKOUT PLANNER

Daily Exercise (At least 20 minutes)



Running /Stair Stepper

Push-Ups / Squats

Crunches/Leg Lifts

Weights / Cardio

Planks/ Russian Twists

Brisk Walking / Jogging

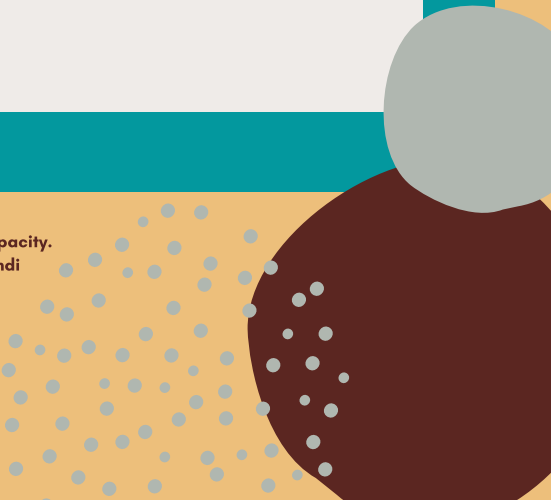
Yoga / Dance

Gym / Home Workout

Meal and Snack Log



*"Strength does not come from the physical capacity.  
It comes from an indomitable will." - Ghandi*



# SUSTAIN YOUR Inspiration

## Day Six

Having inspiration can help keep you stimulated. Every day may not feel like an inspired day to work on your personal development, accomplish a goal, finish a task, or overcome a fear. You may not be able to create inspiration on your own. No fear! There are plenty of ways to be inspired!

- Prayer
- Meditation
- Find a self-help podcast
- Watch an inspirational YouTube video
- Read a new book
- Read an inspiring blog post
- Listen to inspirational music
- Explore nature
- Change your environment
- Create A Vision Board
- Watch an inspiring movie
- Follow 5 new people you admire on Instagram



Words that have inspired me today are.....


# TRANSFORMATION

EMBRACE  
Transformation  
Day Seven



Believe it or not, as much as we can desire the idea of transformation, sometimes it is hard to embrace change. Change can be anticipated internally or a response to your environment. You may want to prepare mentally for transformation, but sometimes you are figuring it out as you go—that's called adapting. Throughout the process of transformation is where all of the other points we have discussed (from Day one through Day six) come to life!

There is a level of vulnerability that is required to embrace change. Some of us have built some walls of resistance from life experiences that are hindering us from fully embracing a life of transformation. My challenge to you today is to focus on allowing yourself to embrace the idea of transformation!







The  
*Formula*



Practice increasing  
your F.A.I.T.H daily  
through fitness,  
affirmations,  
inspiration, embracing  
transformation, and  
helping others.



# You Made It!

Over these past eight days, I hope you have been able to be reminded of the strength that is within you and your ability to overcome adversity! Here's the thing....there isn't a finish line to creating a resilient lifestyle. Even when you are no longer living your resilient spirit will continue to help others through your inspiring memories. This is your story. Continue to give yourself grace to grow, make fitness a habit, affirm your strengths, sustain your daily inspiration, embrace your transformation moments, and help others when you can!

That is faith in action and that's creating a resilient lifestyle!

Keep creating!

P.S. There are bonus worksheets to continue your journey.

Coach Dee



dembrisdanyelle



Dembris Danyelle-Trauma Specialist & Resilience Coach

Bonus  
Worksheets

# ACTION WORDS

WORDS THAT CAN BE USED TO HELP CREATE ACTION  
FOCUSED AFFIRMATIONS.

Amazed  
Empowered  
Happy  
Optimistic  
Thankful  
Appreciated  
Energetic  
Harmonious  
Passionate  
Understanding  
Appreciative  
Enthusiastic  
Inspired  
Positive  
Unlimited  
Confident  
Excited  
Invigorated  
Powerful  
Uplifted  
Courageous  
Expanded  
Joyous  
Proud  
Vibrant  
Creative  
Exuberant  
Lovable  
Radiant  
Vivacious  
Delighted  
Focused  
Loving  
Renewed  
Warm  
Dynamic  
Fortunate  
Luxurious  
Serene  
Wise  
Eager  
Free  
Open  
Strong  
Worthy  
Grateful  
Proud  
Enough  
Deserving















OWN YOUR  
*Strength*

TODAY I OWN

Seven horizontal white bars for writing, stacked vertically.

What new strength have you discovered?

A large white rectangular box for writing the answer to the question above.





OWN YOUR  
*Strength*

TODAY I OWN

Seven horizontal white bars for writing, stacked vertically.

What new strength have you discovered?

A large white rectangular box for writing the answer to the question above.





OWN YOUR  
*Strength*

TODAY I OWN

Seven horizontal white bars of varying lengths, stacked vertically, intended for writing.

What new strength have you discovered?

A large white rectangular box intended for writing a response to the question above.





OWN YOUR  
*Strength*

TODAY I OWN

Seven horizontal white bars for writing, stacked vertically.

What new strength have you discovered?

A large white rectangular box for writing the answer to the question above.



# WORKOUT PLANNER

Daily Exercise (At least 20 minutes)



Running /Stair Stepper

Push-Ups / Squats

Crunches/Leg Lifts

Weights / Cardio

Planks/ Russian Twists

Brisk Walking / Jogging

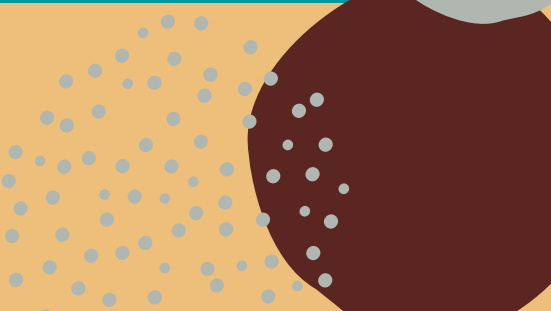
Yoga / Dance

Gym / Home Workout

Meal and Snack Log



**"It doesn't become easier.  
You just become stronger." - Coach Dee**





# WORKOUT PLANNER

Daily Exercise (At least 20 minutes)



Running /Stair Stepper

Push-Ups / Squats

Crunches/Leg Lifts

Weights / Cardio

Planks/ Russian Twists

Brisk Walking / Jogging

Yoga / Dance

Gym / Home Workout

Meal and Snack Log



"There is only room for affirmations, no excuses."

-Coach Dee





# WORKOUT PLANNER

Daily Exercise (At least 20 minutes)

Running /Stair Stepper

Push-Ups / Squats

Crunches/Leg Lifts

Weights / Cardio

Planks/ Russian Twists

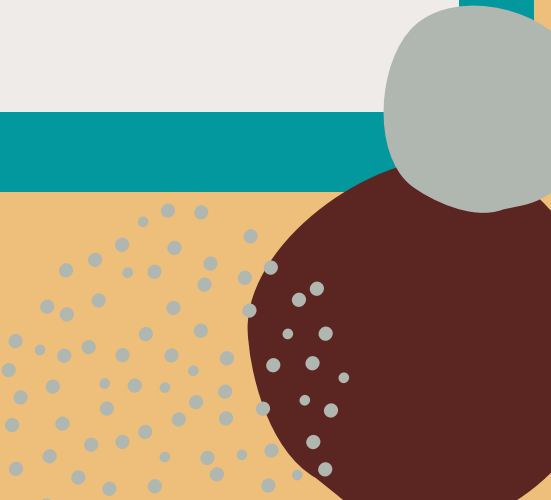
Brisk Walking / Jogging

Yoga / Dance

Gym / Home Workout

Meal and Snack Log

"Remember why you started." - Coach Dee





# WORKOUT PLANNER

Daily Exercise (At least 20 minutes)



Running /Stair Stepper

Push-Ups / Squats

Crunches/Leg Lifts

Weights / Cardio

Planks/ Russian Twists

Brisk Walking / Jogging

Yoga / Dance

Gym / Home Workout

Meal and Snack Log



"Keep practicing. You're building consistency."

-Coach Dee





# WORKOUT PLANNER

Daily Exercise (At least 20 minutes)



Running /Stair Stepper

Push-Ups / Squats

Crunches/Leg Lifts

Weights / Cardio

Planks/ Russian Twists

Brisk Walking / Jogging

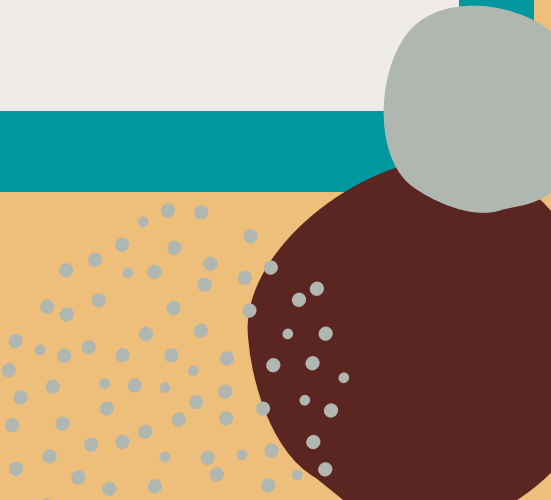
Yoga / Dance

Gym / Home Workout

Meal and Snack Log



"Your mind and body will thank you ."  
-Coach Dee





# WORKOUT PLANNER

Daily Exercise (At least 20 minutes)



Running /Stair Stepper

Push-Ups / Squats

Crunches/Leg Lifts

Weights / Cardio

Planks/ Russian Twists

Brisk Walking / Jogging

Yoga / Dance

Cym / Home Workout

Meal and Snack Log



"Your future deserves the best version of you."

-Coach Dee





# WORKOUT PLANNER

Daily Exercise (At least 20 minutes)

Running /Stair Stepper

Push-Ups / Squats

Crunches/Leg Lifts

Weights / Cardio

Planks/ Russian Twists

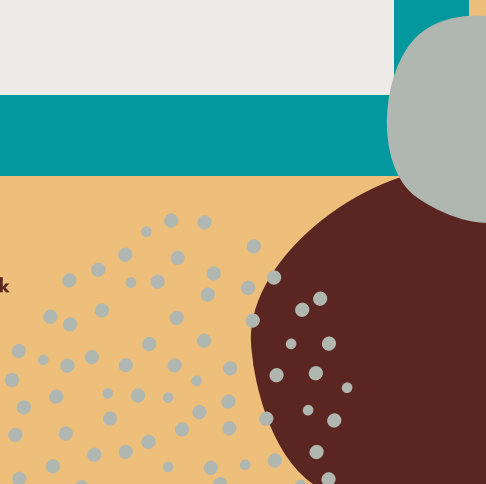
Brisk Walking / Jogging

Yoga / Dance

Gym / Home Workout

Meal and Snack Log

"When you are feeling low, you have the ability to think yourself to a higher state." -Coach Dee







# WORKOUT PLANNER

Daily Exercise (At least 20 minutes)



Running /Stair Stepper

Push-Ups / Squats

Crunches/Leg Lifts

Weights / Cardio

Planks/ Russian Twists

Brisk Walking / Jogging

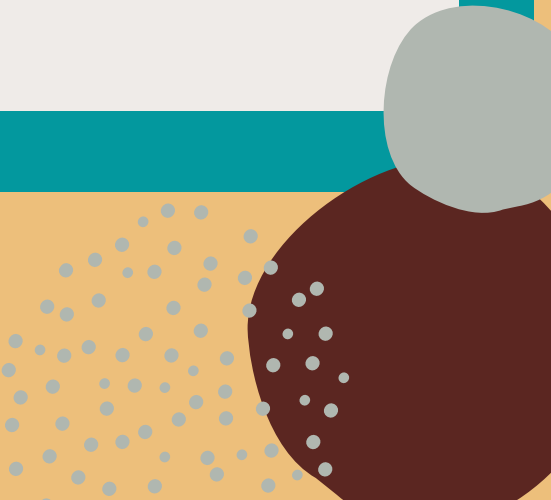
Yoga / Dance

Gym / Home Workout

Meal and Snack Log



"Change is inevitable."  
-Coach Dee





# WORKOUT PLANNER

Daily Exercise (At least 20 minutes)



Running /Stair Stepper

Push-Ups / Squats

Crunches/Leg Lifts

Weights / Cardio

Planks/ Russian Twists

Brisk Walking / Jogging

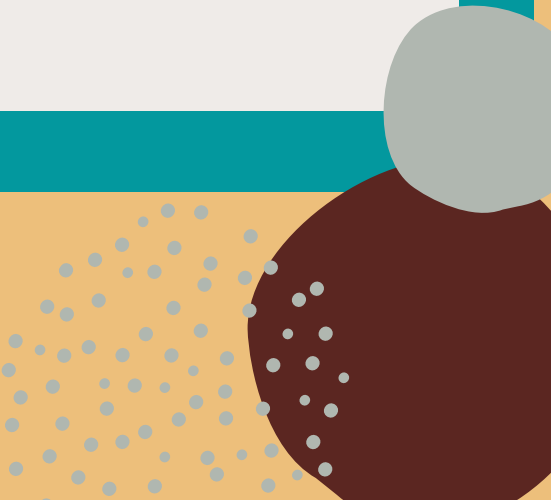
Yoga / Dance

Gym / Home Workout

Meal and Snack Log



"Today you choose to live."  
-Coach Dee





# WORKOUT PLANNER

Daily Exercise (At least 20 minutes)



Running /Stair Stepper

Push-Ups / Squats

Crunches/Leg Lifts

Weights / Cardio

Planks/ Russian Twists

Brisk Walking / Jogging

Yoga / Dance

Gym / Home Workout

Meal and Snack Log

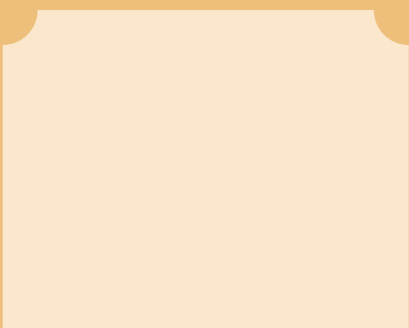

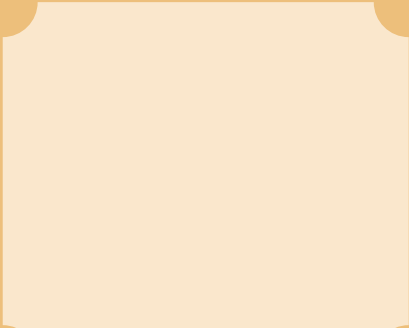


"There is a champion on the inside of you."

-Coach Dee



Words that have inspired me today are.....



Words that have inspired me today are.....


Words that have inspired me today are.....

A 2x2 grid of four rounded rectangular boxes, each intended for writing. The boxes are arranged in two rows and two columns, separated by thick orange lines. The corners of the boxes are rounded. The entire grid is set against a light orange background.

Words that have inspired me today are.....

The image shows a 2x2 grid of four rounded rectangular boxes, each intended for writing. The boxes are arranged in two rows and two columns, separated by thick orange lines. The corners of the boxes are rounded. The entire grid is set against a light orange background.

Words that have inspired me today are.....






*Memphis Danielle*

ALL THINGS RESILIENT.