

Inner Strength - Reflection Exercises & 7-Day Plan

Resilience is built through daily small practices, not theory. Five reflections plus a 7-day plan.

5 reflection exercises

Inner strength is trainable. These exercises are your fitness plan.

1. Your crisis skills · 20 min

Think of three crises you've made it through.

- What did you do to get out?
- Which strength showed up?
- How could that strength help you today?

2. Energy diagnostic · 3 × 3 min

Track morning, midday, evening energy (0-10) for 3 days.

- What reliably lifts your energy?
- What reliably drops it?
- Which person / activity costs you most?

3. Setting limits · 15 min

Note 5 situations you recently said 'yes' to but meant 'no'.

- What was the cost of that 'yes'?
- What did you fear about saying 'no'?
- How would you word it today?

4. Anchor moment · 10 min

Recall a moment of deep calm or clarity.

- Where were you, what did you feel?
- What made that state possible?
- How can you briefly reactivate it this week?

5. Self-care contract · 15 min

Write a 3-point contract with yourself.

- What do you do daily for your body?
- For your mind?
- For your soul?

7-day transfer plan

Small impulses that return real energy.

Day 1 Stillness	10 min silence – no phone, no music. ↳ What was unfamiliar?
Day 2 Movement	20 min of movement that feels good (no pressure). ↳ How does your body feel?
Day 3 Limits	Say a polite 'no' once today. ↳ What was the reaction?
Day 4 Joy	Plan 30 min of joy on purpose. ↳ What shifted?
Day 5 Connection	Call someone who strengthens you. ↳ What softened?
Day 6 Meaning	Ask yourself: 'What am I really doing this for?' ↳ How does your answer sound?
Day 7 Rituals	Choose 2 rituals you'll do every week from now on. ↳ When and how do you make them non-negotiable?