

P.A.U.S.E.™ for healthy resilience

Score Card

Score where you feel 'at the moment'

		Me today 1-5	How I can +1
P	Purpose	I feel a sense of purpose in my day to day which gives me perspective and better enables me to live and lead with my values aligned to my actions most of the time.	
A	Attitude	I manage my mindset through self-awareness, curiosity and empathy. I practice emotional agility to unhook from an emotional hijack and choose how I respond to my circumstances, bringing a growth mindset, building on my strengths and with awareness of my behaviours that can undermine me.	
U	Understand	What's needed of me in this moment? With cognitive agility I am able to reflect and separate feelings from fact. I listen to understand (not just to respond). I am able to focus on what is in my control or that I can influence and accept and adapt to what I cannot control.	
S	Support	I have a safe and trusted person(s) in my life, who has my best interests at heart, delivers a tough message with care, from whom I draw strength and with whom I feel safe to step back and explore challenges. I have a robust network of trusted relationship which support my success.	
E	Energy	I actively manage my mental & physical return on energy. I understand what fuels my energy, and what drains it. I set boundaries and prioritize time and space to recharge and protect my wellbeing.	

1 = Not at all
2
3 = OK but not sustainable
4
5 = Sustainable & healthy