

A FREE REFLECTION GUIDE

THE STARTING OVER CHECKLIST

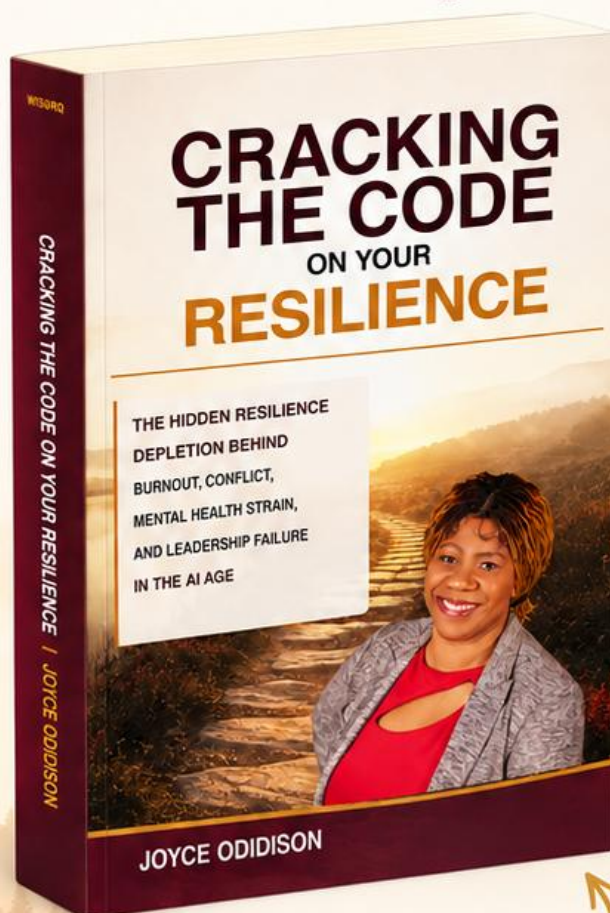
9 Questions Before Your Next Chapter

Don't take the same patterns into your new beginning.

A short resilience reflection guide for people starting over in life, work, relationships, or leadership.

By Joyce Odidison

Author of Cracking the Code on Your Resilience



Includes an invitation back to the book for your next step.

9 Questions Before Your Next Chapter

Use these questions to notice the patterns, pressures, and beliefs you may be carrying into your next beginning. Check the ones that make you stop and think.

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|-----------------------------------|--|-----------------------------------|--|
| ☐ 1 | What pattern keeps repeating in my life? | ☐ 6 | What belief about myself might be keeping me stuck? |
| ☐ 2 | What drained my resilience in the chapter I am leaving? | ☐ 7 | Which relationships strengthen my resilience, and which consistently drain it? |
| ☐ 3 | What have I been calling strength that may actually be survival? | ☐ 8 | How do I respond when life becomes difficult again? |
| ☐ 4 | What have I tolerated for too long? | ☐ 9 | What must change within me for my next chapter to be different? |
| ☐ 5 | Where have I been neglecting myself to keep everything else working? | | |



Circle the 3 questions that hit you hardest.
Those may be pointing to where your resilience needs attention most.

THIS IS JUST A TASTE

**A checklist can reveal the questions.
The book helps you understand the answers.**

These 9 questions are meant to spark awareness. But awareness alone does not rebuild resilience. If these questions surfaced something important for you, the next step is to understand what is behind those patterns and how resilience depletion may be affecting your life, work, relationships, or leadership.

1

Go beyond recognition

The checklist helps you notice repeating patterns. *Cracking the Code on Your Resilience* helps you understand what is driving them.

2

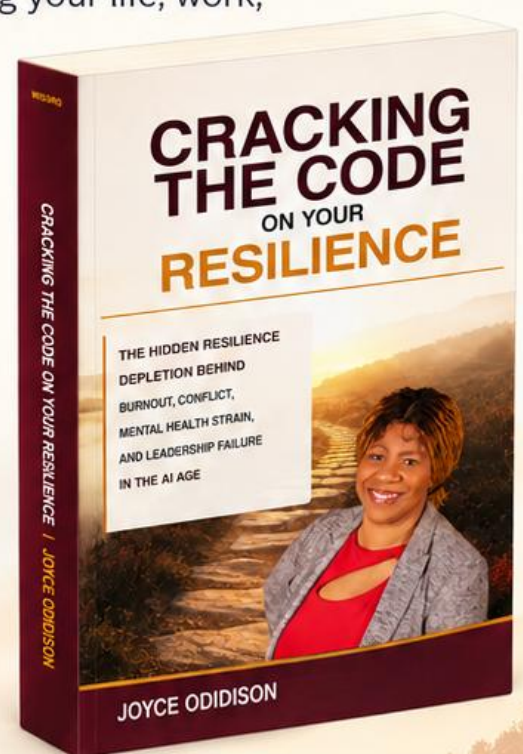
Understand resilience depletion

The book explores the hidden resilience depletion behind burnout, conflict, mental health strain, and leadership pressure.

3

Discover tools for rebuilding

Inside the book, Joyce guides readers through the *Resilience Anchors*, a Self-Check Assessment, practical reflection exercises, and a 30-Day Resilience Anchor Reset Plan.



*This checklist gives you a moment of reflection.
The book gives you a path forward.*

READY TO GO FURTHER?

Cracking the Code on Your Resilience will help you do more than start over — it will help you understand what needs to change.

If this checklist stirred something in you, do not stop at the questions. Let the book help you explore the deeper patterns shaping your resilience and show you how to begin rebuilding with more clarity and capacity.

Inside the Book



Why resilience depletion often hides beneath burnout, conflict, and pressure



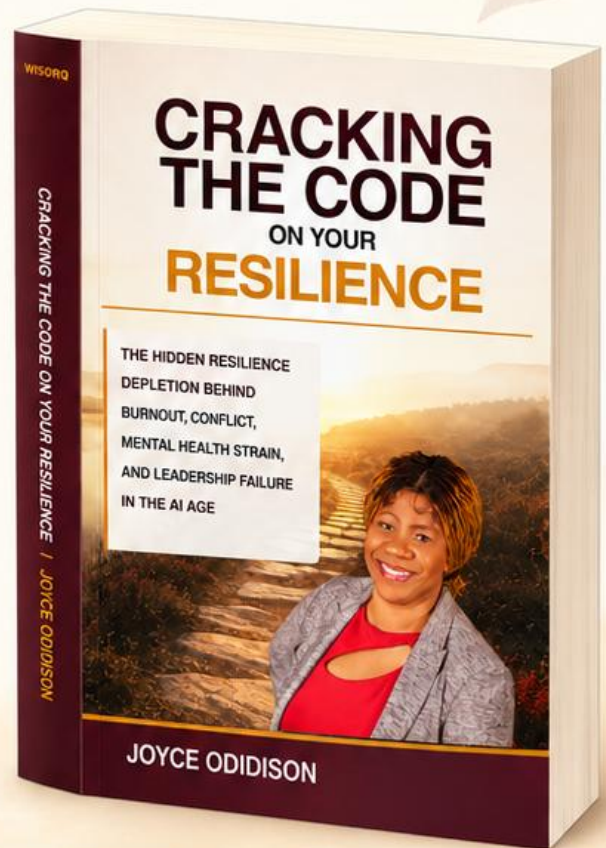
How the Resilience Anchors affect your well-being, relationships, and leadership



A Self-Check Assessment to help you identify what needs attention



Reflection practices and a 30-Day Resilience Anchor Reset Plan



GET THE BOOK

joyceodidison.com/cracking-the-code-on-your-resilience

*Don't just begin again.
Begin with greater understanding.*

Joyce Odidison, M.A., MCC, CTDP

Author | Resilience Expert | Founder, Interpersonal Wellness Services Inc.