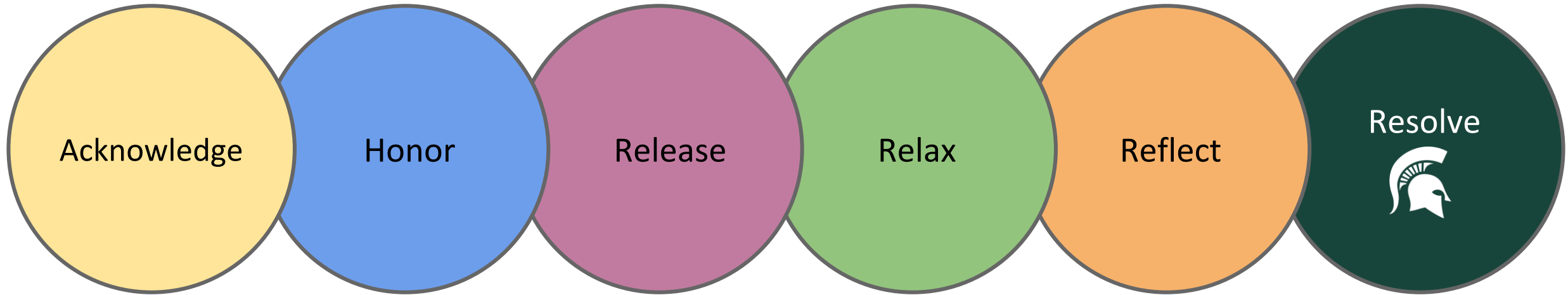




# The 6-word framework for resilience.



**SPARTAN**  
*Resilience*



State clearly what has happened or is happening.



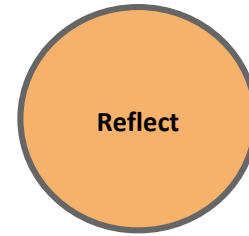
Name and allow yourself to feel the full range of your human emotions.



Become willing to release what you are holding, experiencing, and creating in this specific moment.



Allow yourself to connect with the present moment and help your nervous system reset.



Reflect on your core values and/or the values of the institution. Identify specific actions you can take that would be lined up with these values.

*Ask yourself: Given what happened or is happening, who do you want to be and how do you want to move forward?*



Take courageous, value guided action without attachment to the outcome.

**Spartan Will**