## The Personal Power Pyramid How CASIGYs™ Can Develop Resilience 10 Steps to Building Emotional Core Strength

**Emotional Core Strength Emotional Core Strength** Predictability about this OR how can I accept this? 8. What are my limits? How can I honor them? 7. Does the SIZE of this wave **MATCH the significance of the** situation? 6. What is the meaning or significance of this situation? 5. What do I need? How can I meet this need? 4. How can I Channel or Express this Wave of Emotion? 3. What SIZE is this Wave of **Emotion? How strong or fast is it?** 2. How am I feeling-body & emotions? 1. What's been happening? Foundation Stone 5: Make Friends With Your Shadow Foundation Stone 4: Emotions are like Ocean Waves Foundation Stone 3: Monkey-See-Monkey-Do

Foundation Stone 1: What's the BIG PICTURE?

Foundation Stone 2: Who am I & Where am I in this picture?

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