

# Smooth Sailing: Becoming a Resilient Leader in Turbulent Times



Build a Foundation on Your Islands of Competence

***I will rely on these core strengths to handle the challenges I face:***

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Practice Using Your Anchors of Stability

***I will refocus my energy and regain perspective as I:***

*(something that keeps me physically healthy)* \_\_\_\_\_

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*(something that keeps me emotionally grounded)* \_\_\_\_\_

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*(something that keeps me spiritually fed)* \_\_\_\_\_

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Remember Your Smooth Sailing Strategy

***I will repeat this mantra daily to remind myself that I am resilient:***

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*When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you ...  
for I am the Lord your God ...and you are precious in my sight. – Isa. 43:2-4*

## Identifying Your Islands of Competence

Read through this list of personal characteristics. Circle the ones that might be used to describe you.

When you are finished, review the circled ones and underline the 3-5 qualities that you feel give you the most strength.

Copy those on the lines under "Islands of Competence" on the reverse side.

Faithful	Articulate	Intuitive
Tolerant	Grateful	Persuasive
Resourceful	Organized	Open-minded
Analytical	Playful	Self-confident
Imaginative	Hopeful	Even-tempered
Strategic	Disciplined	Diplomatic
Empathetic	Goal-oriented	Cheerful
Creative	Trustworthy	Intelligent
Adaptable	Self-control	Compassionate
Brave	Efficient	Optimistic
Practical	Wise	Loyal
Kind	Generous	Friendly
Observant	Courageous	Energetic
Sensitive	Honest	Witty
Persistent	Hospitable	_____
Focused	Fair	_____