

Module 8:

Be Unfragile

CREATED BY

JACQUELINE KELLY

Understanding How to Be Unfragile

Being unfragile means thriving in the face of adversity, not just enduring challenges but using them as opportunities for growth. This mindset builds resilience, strengthens relationships, and creates a fulfilling life centered on self-trust and emotional intelligence.

BENEFITS OF BEING UNFRAGILE

01

Increased Resilience:

You learn to bounce back from setbacks, understanding that difficulties are a part of life.

02

Improved Mental Clarity:

Staying focused on your goals and values helps minimize distractions from negative experiences.

03

Stronger Relationships:

Building emotional strength enables you to connect more authentically with others and support them in their struggles.

04

Elevated Mood:

Embracing challenges can enhance your spirit and increase overall happiness and satisfaction in life.

Build Self-Trust

Trust yourself to handle life's uncertainties and challenges.
Reflect on past successes as proof of your inner strength.

**Write down three challenges you overcame in the past.
Use these examples as reminders of your resilience.**

Challenge: A difficult project at work	Success: Completed it under pressure and received positive feedback
Challenge:	Success:
Challenge:	Success:
Challenge:	Success:

Daily Systems to Implement

Establishing daily systems can significantly improve your overall well-being and help you remain unfragile. Here are some essential components:

Good Sleep:

Aim for 7-9 hours of quality sleep each night. Create a consistent sleep schedule and a calming bedtime routine to enhance restfulness.

Regular Exercise:

Engage in physical activity for at least 30 minutes a day. This could be a mix of aerobic activities, strength training, or calming exercises like yoga.

Healthy Nutrition:

Prioritize whole foods such as fruits, vegetables, lean proteins, and whole grains. Hydrate adequately and be mindful of sugar and processed food intake.

Fun and Recreation:

Make time for hobbies and activities that bring you joy. Laughter and play are essential for a balanced life.

Self-Love Practices:

Engage in activities that nurture your self-worth, such as journaling, practicing gratitude, or rewarding yourself for accomplishing goals.

System Tracker

Month:

	GOOD SLEEP	EXERCISED	ATE HEALTHY	ENJOYED MYSELF	PRACTISED SELF-LOVE
01					
02					
03					
04					
05					
06					
07					
08					
09					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					

Strengthen Emotional Intelligence

Emotional Awareness:

Regularly reflect on your feelings.

Ask yourself: What am I feeling? Why am I feeling this way?

Coping Strategies:

Practice mindfulness, deep breathing, or talk to a supportive person when emotions feel overwhelming.

Understanding Others:

Practice empathy and seek to understand the emotions of others can enhance your emotional intelligence and improve relationships.

For one week, journal about one moment where you understood your own or someone else's emotions better.

Strength Through Brokenness

Difficulties can shape you into a stronger, more compassionate version of yourself. Reflecting on your challenges helps you uncover hidden strengths and use them to move forward.

Write down one challenge you've faced and how it made you stronger.

Challenge faced:

What I learned:

How I grew stronger: