

“My Declaration of Resiliency” Writing Exercise was created by Ilana Kristeva for potential participants of “Recalibrate and Celebrate” Every Step of the Way! —Tap and Laugh for Wealth and Health with Ilana’s High Vibe Tribe. February 28, 2022. Do not duplicate or distribute without written consent from Ilana Kristeva. Thank you!

## “My Declaration of Resiliency”

A Writing Exercise in Preparation for Ilana Kristeva’s “Recalibrate and Celebrate” Kickoff Party on  
March 10, 2022 at 8:00 a.m. PST

I, (first name) \_\_\_\_\_, am resilient in body, mind, soul, and wallet, even when my (name an internal organ, a part of your body, or an aspect of your finances) \_\_\_\_\_ appears to be weak and needs my special attention or tender loving care. Beginning now, I am determined to strengthen my (name one of your superpowers, gifts, or talents) \_\_\_\_\_ and my consistency in (name two habits that will help your progress) \_\_\_\_\_ and \_\_\_\_\_ to increase my capacity to serve myself, \_\_\_\_\_, and \_\_\_\_\_.

A member of the Vibrant Tribe, I, (first and last name) \_\_\_\_\_, know very well the power of unity. As I join and gain support from Ilana Kristeva’s High Vibe Tribe, I **commit to moving energy within me and beyond** to recalibrate effectively my thoughts, feelings, body, and wallet one breath at a time. Consistently celebrating with others my own progress, I love being able to keep the promises I make to myself; this helps me to show up to the world with integrity and confidence.

With tools that help me let go of what no longer belongs in my energy system, I am able to bring relief to my ancestors and offer hope to future generations on Earth and beyond.

I, (give yourself a superhero/superheroine name) \_\_\_\_\_, am resilient!

**Thank you, thank you, thank you for declaring your resiliency!**

—Ilana Kristeva, Self-Care Vigilante