



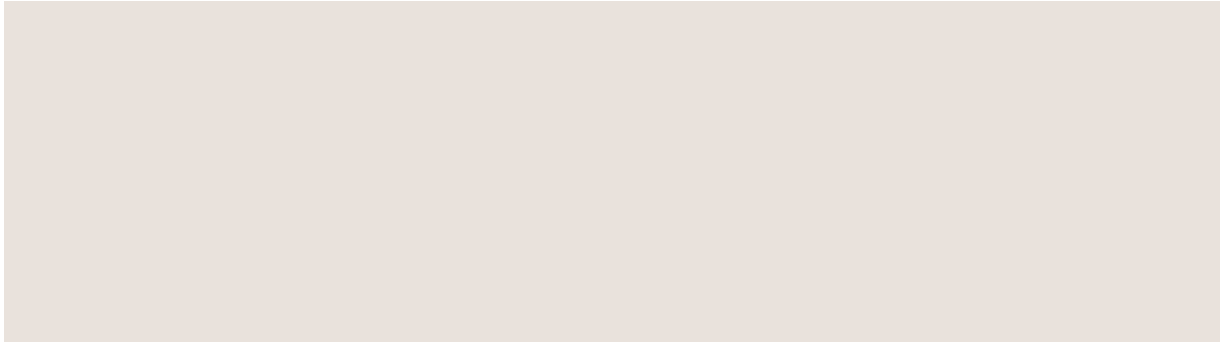
DRIVEN BUT DRAINED

Mastering Emotional
Resilience for High Achievers

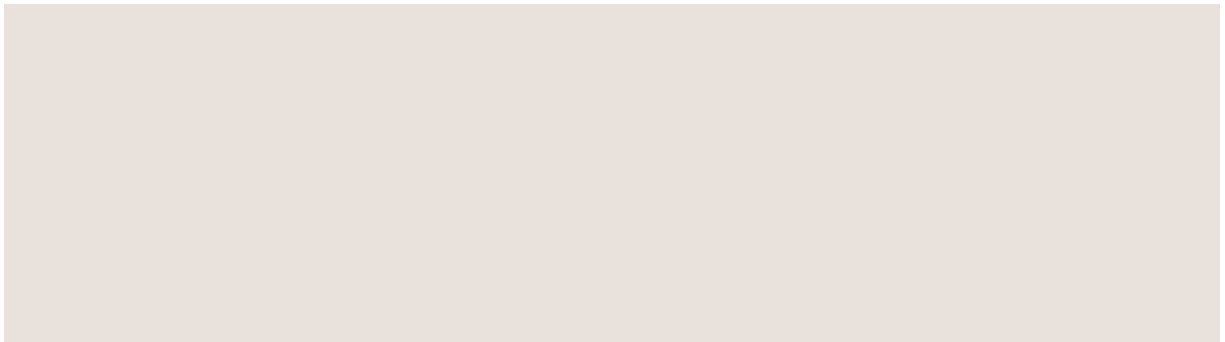
DR. UEJIN KIM, MD

EMOTIONAL RESILIENCY INVENTORY

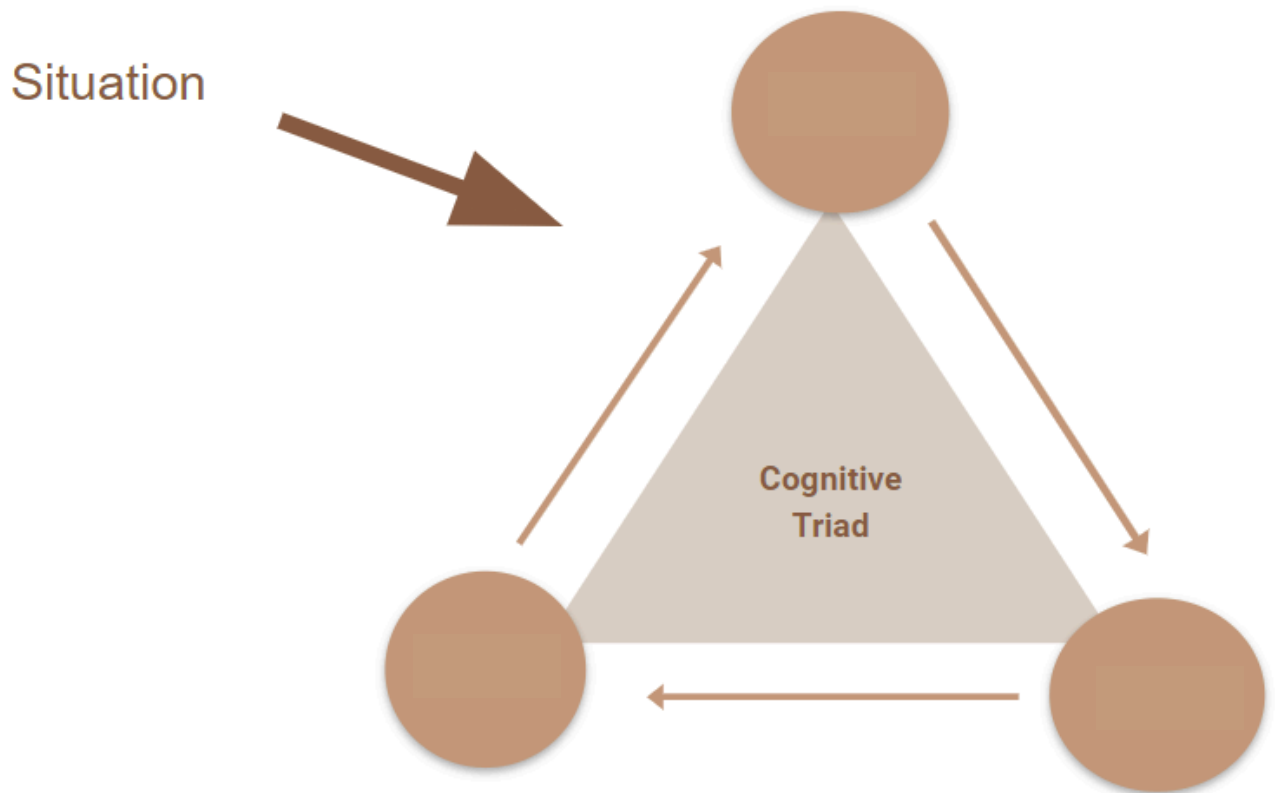
1. How long has the try-hard - mistake - guilt - collapse - repeat cycle have been going?



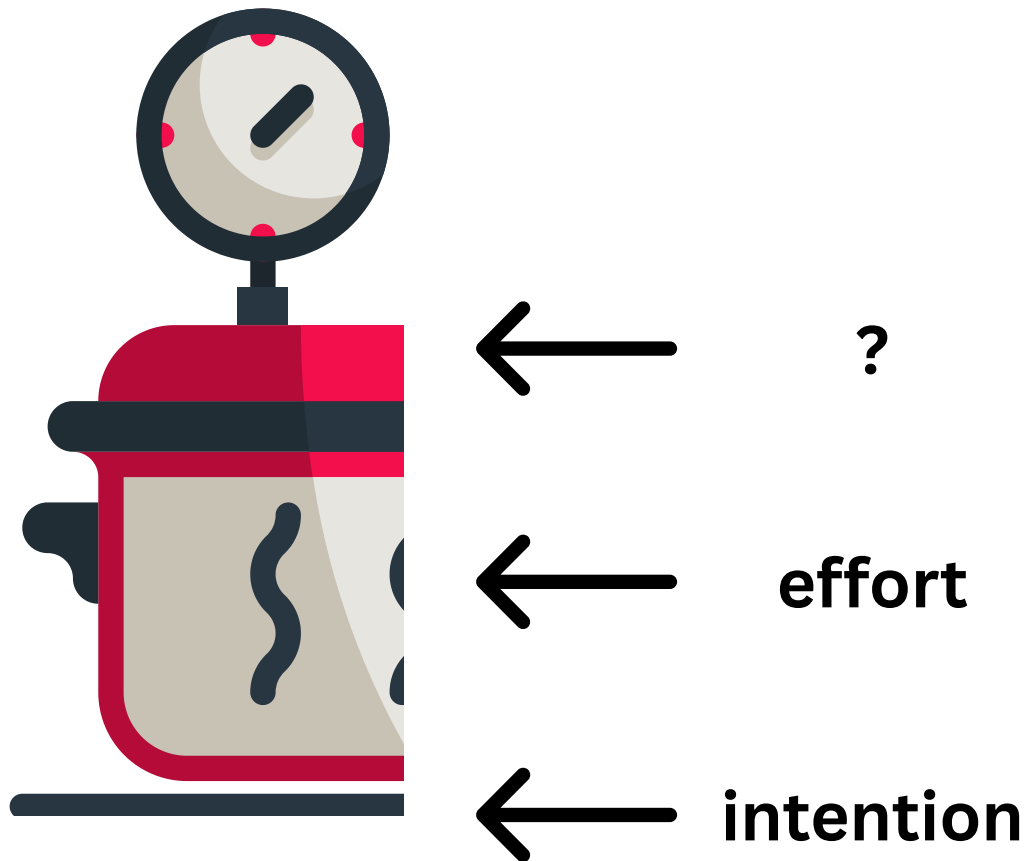
2. What is that mistake that you regret (the slip-up) to this day?



COGNITIVE TRIANGLE

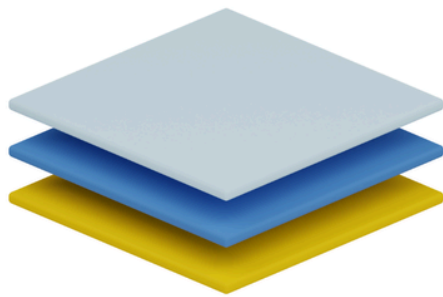


HIGH ACHIEVER PROBLEM



BONUS Question: What do you think was your pure and good intention behind your mistake (from question #2)?

HIGH ACHIEVER PROBLEM

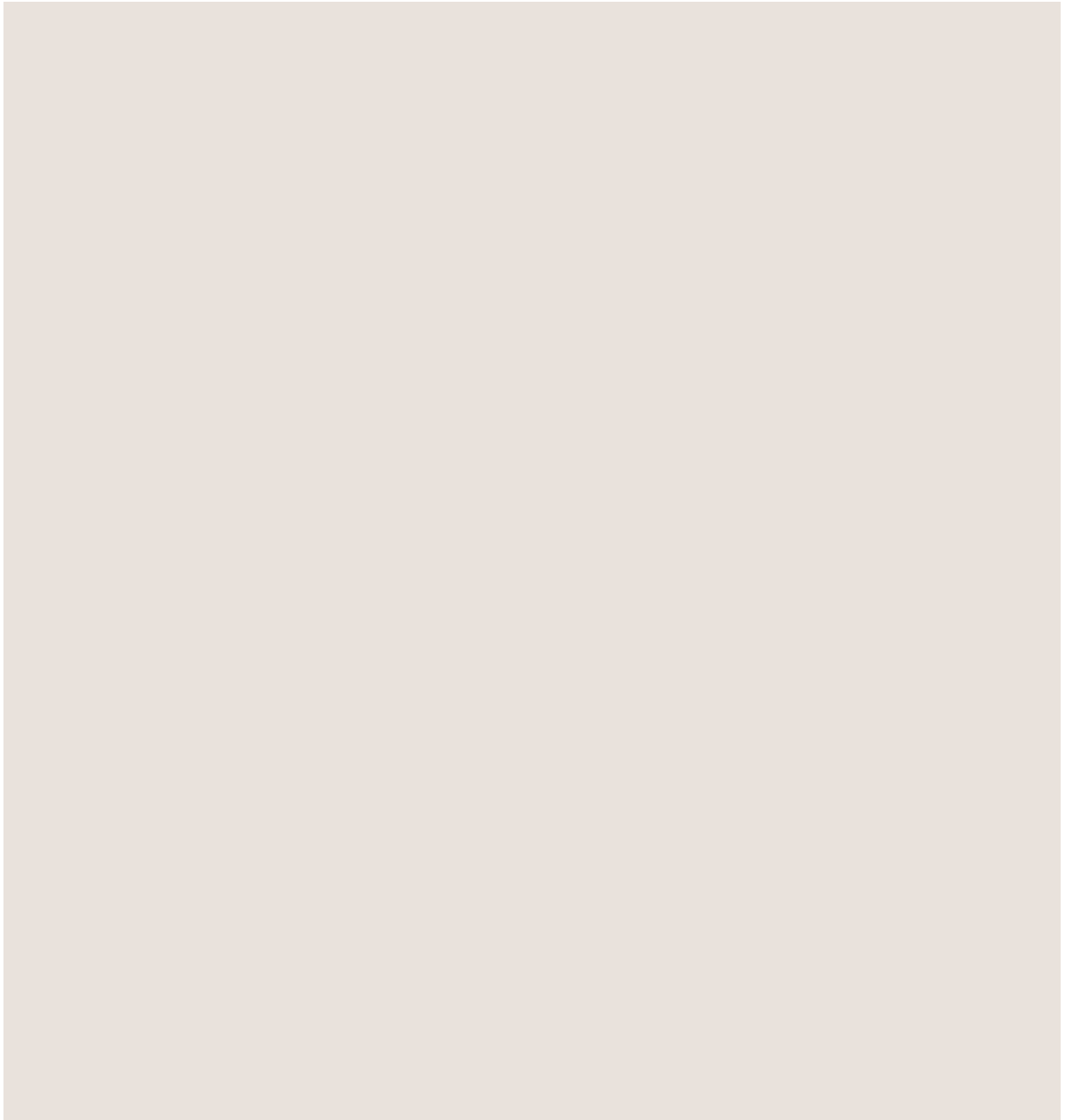


- ← High IQ
- ← High Stress Capacity
- ← Logical/
Analytical

BONUS Question: What are your gifts and talents that got you this far in life?

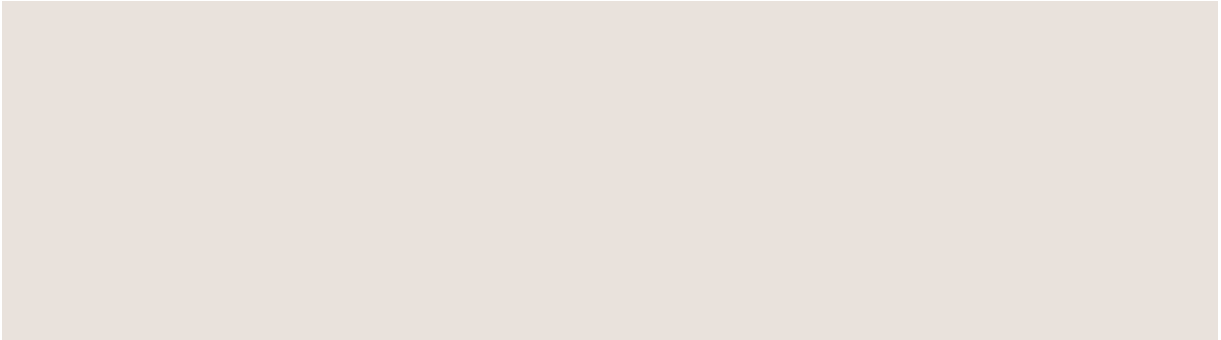
MEMORIES & NOTES

Write down any memories or “Aha!” notes that pop up during this workshop

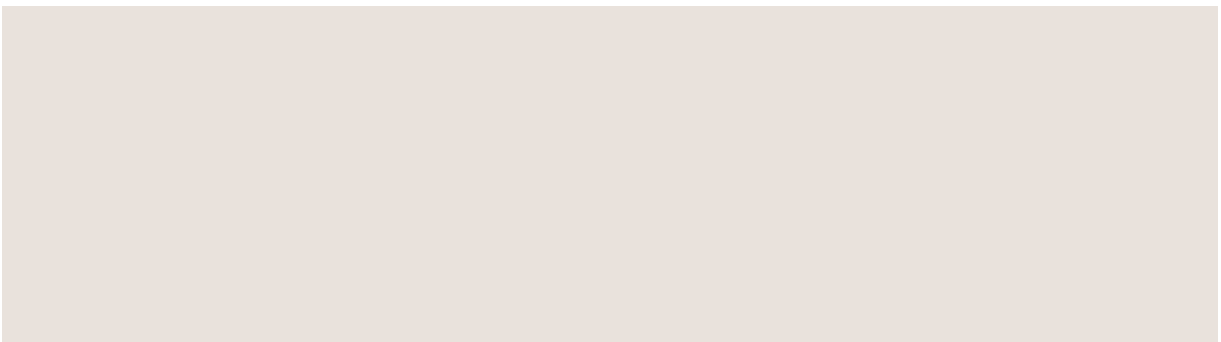


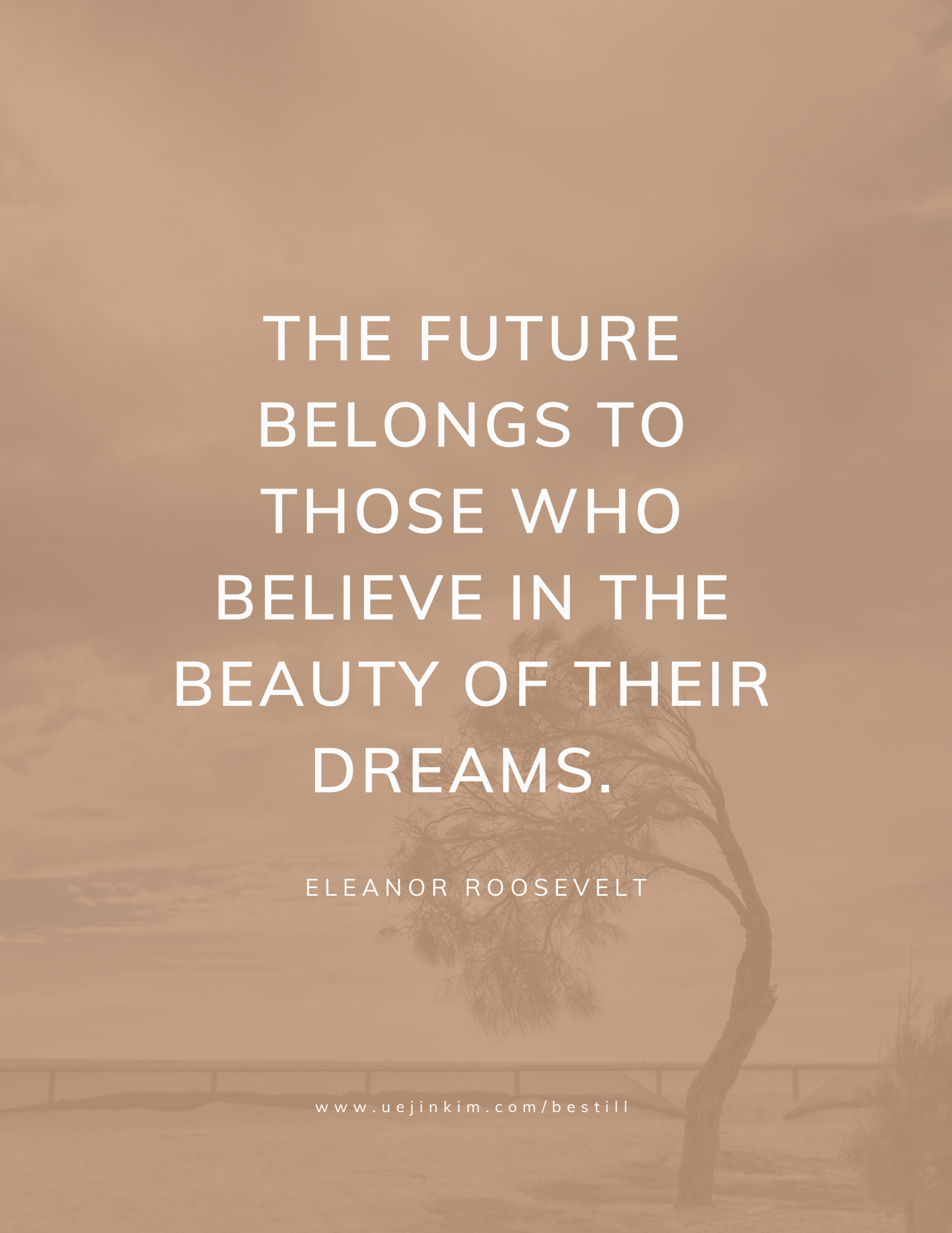
EMOTIONAL RESILIENCY VISION BOARD

If you achieved emotional resiliency, what would it look like? What would you be doing?



What is this change worth in monetary terms?



A sepia-toned photograph of a coastal landscape. In the foreground, a tree with sparse, wind-swept branches stands on the right. A low railing runs across the middle ground. The background shows a calm sea and a cloudy sky. The overall mood is serene and contemplative.

THE FUTURE
BELONGS TO
THOSE WHO
BELIEVE IN THE
BEAUTY OF THEIR
DREAMS.

ELEANOR ROOSEVELT

www.uejinkim.com/bestill