



I AM RESILIENCE

Rising Through Loss, Reinvention,
and the Power of Your Story



WORKBOOK



Yadira González Muñoz

YOUR SPACE TO PAUSE • REFLECT • WRITE • CHOOSE



Before We Begin

This workbook is for you. The masterclass may begin with a story, but the work is your own. You do not need to share anything you do not want to share. Use these pages honestly, at your own pace, and with compassion for yourself.

Don't write what sounds impressive. Write what feels true.

The I AM RISE



I ACKNOWLEDGE

What happened.



I HONOUR

What I experienced.



I RELEASE

What no longer belongs in my future.



I RECLAIM

My voice and my choices.



I CREATE

What comes next.



EXERCISE 1

My Definition of Resilience

*Before we define resilience, notice what it
means to you.*



WRITE

The first three words that come to mind when I hear the word RESILIENCE:



REFLECT

Are these words describing resilience as something I AM or something I DO?





EXERCISE 2

The Resilience Shift



*Move from what happened toward what you need,
can learn, and can choose.*



1. WHAT HAPPENED? _____

Choose one difficult transition, challenge, loss, disappointment, or period of change. State the reality without writing the entire story.



2. WHAT DO I NEED NOW? _____

What do I need today?



3. WHAT IS WITHIN MY CONTROL? _____

Separate what you cannot control from what you can influence or choose.





EXERCISE 3

What Am I Really Carrying?

You do not have to solve everything here. Just become honest about what you are carrying.



SOMETHING I'M CARRYING IS...



IT AFFECTS ME BY...



WHAT I'VE BEEN PRETENDING DOESN'T AFFECT ME IS...



WHAT I NEED TO ACKNOWLEDGE IS...





EXERCISE 4

What Is Still Mine?

Reclaim the choices that belong to you.

WHAT I CANNOT CONTROL	WHAT I CAN CHOOSE



RECLAIM

What is one choice I have been giving away to circumstances, fear, or other people?



MY CHOICE

What would reclaiming that choice look like?





EXERCISE 5

Who Am I Now?

You are allowed to become someone new.



BEFORE, I BELIEVED...



THEN I LEARNED...



TODAY, I KNOW...



I NO LONGER NEED TO BE...



I AM BECOMING...





EXERCISE 6

From Experience to Wisdom

*Stop long enough to listen to the lesson inside
your experience.*



SOMETHING I LIVED THROUGH WAS...



IT TAUGHT ME...



NOW I UNDERSTAND...



SOMEONE WHO COULD BENEFIT FROM THIS WISDOM IS...





EXERCISE 7

My Rise Declaration

Acknowledge. Honour. Release. Reclaim. Become. Choose.



I ACKNOWLEDGE...

Name what you are finally willing to see.



I HONOUR...

Acknowledge what you've experienced and what it has meant to you.



I AM READY TO RELEASE...

What no longer belongs in the future you are creating?



I RECLAIM...

What part of your voice, identity, choice, or authority are you taking back?



I AM BECOMING...

Who are you choosing to become?



FROM THIS PLACE, I CHOOSE TO...

Make this a decision and a next step, not a wish.





EXERCISE 8

My Next Step

Turn insight into action.

WHAT WILL YOU DO WITH WHAT YOU'VE LIVED?



ONE TRUTH

What is one truth you are leaving this room knowing about yourself?



ONE DECISION

What are you deciding from this moment forward?



ONE ACTION

What will you actually do? Not someday. What is one action you can take?



I AM RESILIENCE. I AM STILL BECOMING.

✦
*I honour where I've been.
I accept where I am.
I choose where I go next.*

— ABOUT ME —

WHO I AM

I AM a woman who turned my pain into purpose and my story into a platform for inspiring others.

I AM the Founder & CEO of I Am. Magazine International, a global platform that empowers people to share their stories, rise with confidence, and create impact.

I AM a Best-Selling Author, Inspirational Speaker, TV Producer, and Coach.

I AM here to remind you that your voice matters, your story matters, and you are still becoming.

— HOW TO CONTACT ME —



Yadira@i-am-magazine.com
www.i-am-magazine.com

