

### Exit Ticket

- On a scale of 1-10 (10 being the best) circle where would you rate your Emotional Toughness and explain why
  - 1 2 3 4 5 6 7 8 9 10
  - Why?
- Highlight or mark the area of Emotional Toughness you need to take responsibility for developing greater resilience.
  - Emotional Flexibility
  - Emotional Responsiveness
  - Emotional Resiliency
  - Emotional Strength