THE 5-MINUTE RESILIENCE BUILDER

A Decision Tree to Find Your Footing After a Hard Moment

A companion resource to

"Resilience Isn't Random"

from the She Means Business anthology

Created by Joy E. Mason

DECISION TOOL | 5-MINUTE READ



You Don’t Need an Hour. You Need Five Minutes and Your Own Evidence.

In my chapter, “Resilience Isn’t Random,” I share that resilience isn’t a trait you either have or you don’t — it’s a skill you build, one problem, one response, one lesson at a time.

This tool is for the moment right after something goes wrong — the meeting that didn’t go your way, the decision you’re second-guessing, the day that knocked the wind out of you. You don’t need to journal for an hour or overhaul your life right now. You need five minutes and one honest answer.

Follow the arrows. Answer honestly — not the answer that sounds strongest, the one that’s actually true. Let it take you somewhere real.

From the Chapter

“Resilience Isn’t Random”

The idea I want you to remember:

> **Resilience isn’t a trait you either have or don’t. It’s a skill you build — one problem, one response, one lesson at a time. Look backward, and you’ll find you’ve already been building it.**

— Joy

How to Use This Decision Tree

This isn't a worksheet to fill out — it's a path to follow.

1. Start with the question at the top of the next page.
2. Choose the answer that's actually true right now — not the one that sounds strongest.
3. Follow the arrow down to your next question.
4. Land on your Resilience Reminder and your one small next move.
5. Do the move before you close this page.

Time needed:
About 5 minutes.

Best used when:
You're minutes — not months — out from something hard, and you need to remember what you're made of before you decide what's next.

> *There is no wrong branch. Every path on this page leads somewhere true — and every path ends the same way: with proof that you are not starting from zero.*

◆ SIGNATURE TOOL |

The 5-Minute Resilience Reset

Use right after a setback, a hard conversation, or a decision that didn't go your way.

STEP 1

Right now, in this exact moment, what's loudest in your head?

A	"I did something wrong or I'm not enough."
B	"I have no idea what to do next."
C	"No one understands what I'm carrying right now."
D	"This isn't fair. I'm furious."

Find your letter below and keep following the arrows.

BRANCH A — "I did something wrong or I'm not enough."

Step 2: Is this feeling about what happened — or about what you think it means about you?

A1	"What happened" — the actual event
A2	"What it means about me" — a verdict on who I am

↓

A1 lands here:

YOUR RESILIENCE REMINDER

One outcome is information, not a verdict. You're allowed to be disappointed in a result without being wrong about yourself.

RIGHT NOW, DO THIS

Name one thing — just one — you handled competently in the last 24 hours. Say it out loud.

A2 lands here:

YOUR RESILIENCE REMINDER

"Not enough" is a feeling passing through you, not a finding about you. You have a track record that says otherwise — you just haven't pulled it up yet.

RIGHT NOW, DO THIS

Recall one moment you doubted yourself before and were later proven capable. Text it to yourself now, so you can find it again.

BRANCH B — "I have no idea what to do next."

Step 2: Is the overwhelm because there are too many decisions — or because you don't have enough information yet?

B1	Too many decisions
B2	Not enough information

↓

B1 lands here:

YOUR RESILIENCE REMINDER

You don't need to solve everything in the next five minutes. You need to move one decision forward. Resilience is built through repetition, not one big breakthrough.

RIGHT NOW, DO THIS

Pick ONE ten-minute action you can take today. Ignore everything else on the list until it's done.

B2 lands here:

YOUR RESILIENCE REMINDER

"I don't know yet" is not the same sentence as "I can't." Not having the answer isn't a weakness — it's your next honest step.

RIGHT NOW, DO THIS

Write down the one question you actually need answered, and who could answer it. Send that message before you do anything else.

BRANCH C — "No one understands what I'm carrying."

Step 2: Right now, do you need someone to help you solve this — or someone to simply see it?

C1	Help me solve it
C2	See it, without fixing it

↓

C1 lands here:

YOUR RESILIENCE REMINDER

Asking for help is not the opposite of strength — it's one of the clearest signs of it. The women who get through the hardest seasons are rarely the ones who did it alone.

RIGHT NOW, DO THIS

Name the one person who could actually help with this. Reach out to them today — not "someday."

C2 lands here:

YOUR RESILIENCE REMINDER

Being witnessed matters as much as being fixed. You don't owe anyone a solution before you're allowed to say this is hard.

RIGHT NOW, DO THIS

Text one person: "Today was hard." Nothing else. Let that be enough.

BRANCH D — "This isn't fair. I'm furious."

Step 2: Is this anger protecting a boundary — or protecting your pride?

D1	A boundary
D2	My pride

↓

D1 lands here:

YOUR RESILIENCE REMINDER

Anger is data. When it's protecting a boundary, it's pointing you toward something worth defending — not something to apologize for.

RIGHT NOW, DO THIS

Write the boundary in one sentence. You don't have to say it out loud yet — just get it out of your head and onto paper.

D2 lands here:

YOUR RESILIENCE REMINDER

Not every fire needs to be fed today. The decision you make angry rarely ages well — the one you make after you've cooled almost always does.

RIGHT NOW, DO THIS

Write the response you want to send. Don't send it. Set a timer for 24 hours and come back to it.

Wherever you landed: you are not starting from zero. You are starting from a track record.

— Joy

If you have more than five minutes, walk this same situation through the full Resilience Problem-Solving Loop:

NAME IT → PROVE IT → SORT IT → TRY IT → KEEP IT, from The Resilience Builder companion guide.

What I'm Taking With Me

Before you close this page, capture what matters most.

The reminder that landed hardest:

The one small move I'm committing to before I close this page:

A reminder to my future self, for the next time something goes wrong:

One last thing.

Guides like this one work best when they don't stay private. Take a photo of your reminder to your future self and share it. Sharing it helps you keep the commitment, and it might be exactly what another woman in your circle needs to see today.

#ResilienceBuilder #SheMeansBusiness

Continue the Conversation

Joy E. Mason

[OPTIONAL AUTHOR PHOTO IN DESIGNATED FRAME]

Joy E. Mason is a visionary business leader, inspiring speaker, and author, and the founder of Optimist Business Solutions and SixSigmaIndy.

Through Optimist Business Solutions, Joy has served state agencies, some of Central Indiana's largest nonprofit organizations, and women-owned businesses — helping clients strengthen their operations, elevate their performance, secure contracts, lead change, and achieve greater impact through Lean Six Sigma consulting, process mapping, strategic planning, change management, and practical AI training.

Optimist Business Solutions also created SixSigmaIndy, a globally accredited workforce development organization. Through SixSigmaIndy, Joy has opened doors for more than 200 people to gain powerful skills, respected credentials, greater confidence, and new career possibilities.

As a brain tumor survivor, devoted wife, mother, and caregiver, Joy understands the invisible weight ambitious women often carry while leading businesses, serving communities, and caring for the people they love. With honesty, faith, and hard-earned hope, she reminds women leaders that resilience isn't random — it is built through strong systems, courageous choices, and the determination to rise again. Joy is a builder who has become an architect of success, creating pathways that help people and organizations rise.

In "Resilience Isn't Random" in the She Means Business anthology, Joy shares how resilience is built, not inherited — and how that principle has carried her through career, caregiving, and health challenges alike.

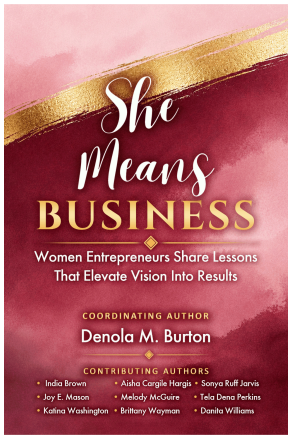
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Read She Means Business



Don't stop here! Resilience is a process, and you need more than 5 minutes to make it stick. If you order the book, you will learn more about Joy's story and additional guidance for what it takes to stay resilient, even when everything in your body wants to give up.

Order by scanning the QR code: