

# ROOTED & RADIANT

## The Four Pillars of Resilience

A tool to help you stay grounded, show up fully, and shine without burning out.

You don't need to be fearless to shine. You just need to be rooted.

Whether you're navigating change, chasing a bold goal, or simply trying to stay centered in a noisy world — this tool will help you activate the four inner pillars that make resilience real, repeatable, and radiant.



### Courage (Spark)

The spark that dares to begin.

Courage isn't about being fearless — it's about moving anyway. It's the moment you decide: "This matters more than my fear."

**Prompt:**

What's one thing I've been afraid to start — and what's one small way I could begin?



### Confidence (Glow)

The light that grows from trust.

Confidence isn't noise. It's your grounded presence. It comes from remembering what you've already survived, built, and become.

**Prompt:**

Where have I already shown up fully — even if it didn't feel perfect?



### Commitment (Grounded)

The root that holds you steady.

Resilience grows when you stay — not when it's easy, but when it matters. Commitment is the quiet promise you keep to yourself.

**Prompt:**

What do I deeply want to stay committed to — and what will help me stay rooted when it gets tough?



### Consistency (Flow)

The rhythm that keeps you rising.

Consistency doesn't mean doing it all. It means doing what matters — again and again. It's the practice that turns resilience into a way of being.

**Prompt:**

What small action could I do weekly that supports who I'm becoming?

	PILLAR	LOW	MID	STRONG
Circle one word per row that feels most true for you today:	Courage (Spark)	<i>I'm stuck</i>	<i>I'm cautiously hopeful</i>	<i>I'm ready to begin</i>
	Confidence (Glow)	<i>I'm unsure</i>	<i>I'm trying</i>	<i>I'm in my groove</i>
	Commitment (Grounded)	<i>I'm scattered</i>	<i>I'm holding on</i>	<i>I'm all in</i>
	Consistency (Flow)	<i>I'm off rhythm</i>	<i>I'm finding it</i>	<i>I'm flowing</i>

## WHAT'S NEXT?

**Reflection:** Which area needs the most love right now?

If you're ready to go deeper into this work — not just understand it, but live it — join our **Rooted & Radiant Masterclass**.

You'll learn how to apply the Four Pillars to your goals, your growth, and your everyday life — with support, community, and practical tools that stick.



INTENTIONAL  
LEADERS  
ALLIANCE



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