

Pathfinder Resiliency Tool

How to Always Find Your Best Path



COACHING THE 10 STEPS TO SUICIDE PREVENTION

- 10. CULMINATION: THE END-STATE IS PROFESSIONAL AND OTHER BELONGING RESOURCES SUPPORTING THE PERSON TO RE-GROW NEW CONDITIONS AND ADAPTIVE SPIRITUAL IDENTITY.
- 9. CONNECTION: TRUST IS ESTABLISHED BY THE LOWER PROCESSES SO THAT YOU CAN CONNECT THE PERSON TO A PROFESSIONAL RESOURCE. THIS IS THE HAND-OFF TO A SAFE PERSON WITH A PLAN.
- 8. COLLABORATIVE: PROVIDE SUPPORTIVE WORDS AND ACTIONS TO FIND THE BEST PATH, TAKE THE NEXT STEP, AND CONNECT TO HOPEFUL RESOURCES.
- 7. CONDITIONS: EXPLORE THE RESOURCES (PHYSICAL, EMOTIONAL, AND SPIRITUAL) AVAILABLE TO ENABLE THE PERSON TO ATTACH THEIR IDENTITY TO SOMEONE WHO CAN PROFESSIONALLY PROVIDE HOPE.
- 6. COMMUNICATION SKILLS: REFLECT WORDS AND EMOTIONS BACK TO PERSON SO THAT S/HE KNOWS YOU UNDERSTAND.
- 5. COURAGE & VULNERABILITY: HOW CAN YOU BE VULNERABLE TO MODEL AND ENABLE COURAGE TO THE PERSON?
- 4. CARE: WHAT DOES THE PERSON CARE ABOUT AND HOW ARE YOU PROVIDING EMPATHY TO THE PERSON?
- 3. COMMITMENT: WHAT IS THEIR COMMITMENT LEVEL [SCALE 1-10. THREE AND BELOW IS DANGER ZONE] AND YOURS TO THE PERSON? WHAT WOULD MAKE IT CHANGE FROM A 3 TO 4?
- 2. CORE BELIEFS: WHAT DOES THE PERSON BELIEVE ABOUT THEIR SELF/SOUL? LISTEN FOR THE GAP AND THE NSI.
- 1. CONCERN (ISSUE): WHAT IS THE ISSUE(S) IN THE PERSON'S CONDITIONS (PURPOSE, BELONGING, ROUTINES) OR SPIRITUAL INTELLIGENCE?

SHORT-TERM (SMART) GOALS

(Specific, Attainable, Relevant, and Time Based)

1.	
2.	
3.	
4.	
5.	
6.	
7.	

CLOSE THE MEANING GAP



HORIZON OF HOPE

DAILY AZIMUTH CHECK

- ◆ PHYSICAL, SPIRITUAL, EMOTIONAL OBSTACLES?
- ◆ WHAT IS THE DISTANCE TO MY PSI?
- ◆ WHAT P/S/E RESOURCES DO I NEED?

PURPOSE	
PERSONALITY RANGE	
CORE VALUES	CORE FEARS
CORE PURPOSE	
PURPOSE-IN-LIFE STATEMENT	
To	
(Action Toward Vision)	
For	
(Intending Result)	

Values-Driven Routines	D	W	M	S
1.				
2.				
3.				
4.				
5.				
6.				
7.				

BELONGING	
Tribe	EBF
	1.
	2.
	3.
	4.
Best Friends	5.
	6.
1.	7.
2.	8.
3.	9.
	10.
I.P.	11.
	12.
M.	

SPIRITUAL INTELLIGENCE

1.	2.	3.	4.	5.	6.	7.
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Date:	Positive Self-Identity	Copyright © Paul Lynn 2024
Ideal Future-Self (1-5)		
Spiritual Compass ▲ Warrior Code (UFR) ▼		
Worst Future-Self		
Best Path on Worst Day		