

MY RESILIENCE PLAN

NAME:

DATE:

1-What does Resilience mean to you?

2-Why is Resilience important to you?

3-My Stress Triggers are-

4-When I am stressed I tend to act-

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5-I can avoid feeling and acting in a certain way by-

6-To help me build my resilience, I will invest 10 minutes everyday in doing-

7- I am likely to put this off by-

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8- I am going to tell myself this to get back on track -

9- The people in my support network that will help me are -

10- Additional Notes-