

Resilience Building Plan

Resilience is the ability to recover quickly from difficulties and adapt positively to change. This plan helps individuals and teams strengthen their mindset, emotional control, and practical coping strategies for sustained performance and wellbeing.

1. Purpose of This Tool

- ☐ Build awareness of how you respond to pressure and setbacks.
- ☐ Develop personal strategies to maintain focus and optimism.
- ☐ Strengthen adaptability and emotional regulation.
- ☐ Promote healthy recovery habits after periods of stress.
- ☐ Support a proactive mindset that views challenges as opportunities.

Tip: Resilience is not about avoiding difficulty - it is about responding with clarity and control.

2. Resilience Self-Assessment

Rate each statement from 1 (Strongly Disagree) to 5 (Strongly Agree).

Statement	Rating (1-5)
I recover quickly after a setback or stressful period.	
I remain calm and focused under pressure.	
I can see challenges as opportunities to learn.	
I maintain perspective when things go wrong.	
I have strong support networks I can rely on.	
I manage my energy and rest effectively.	
I adapt quickly to change or uncertainty.	
I stay motivated even when progress feels slow.	
I take responsibility rather than blame others.	
I reflect on experiences to improve future outcomes.	

Scoring Guide

- **10–25:** Low resilience – develop coping skills and recovery routines.
- **26–40:** Moderate resilience – maintain strengths and focus on adaptability.
- **41–50:** High resilience – continue practising habits that sustain wellbeing.

Tip: Everyone experiences dips in resilience - what matters is how you rebuild.

3. Resilience Strengths and Gaps

Area	Current Strength	Development Need	Notes / Actions
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Emotional Control

Problem Solving

Perspective

Physical Energy

Support Network

☐ Identify one key strength to maintain and one gap to address first.

Tip: Building resilience is a process - start with one area at a time.

4. Stress Recovery Audit

Recovery Factor	Frequency (Daily / Weekly / Rarely)	Effectiveness (1–5)	Notes
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Sleep

Exercise

Relaxation /
Mindfulness

Healthy Eating

Hobbies or downtime

Social connection

☐ Review habits that restore energy and wellbeing after stress.

Tip: Regular recovery prevents burnout and strengthens emotional stability.

5. Resilience Response Reflection

Challenge Faced My Initial Reaction What I Learned How I Will Respond Next Time

☐ Reflect after each challenge or setback to extract learning and reinforce growth.

Tip: Reflection turns experience into resilience.

6. Perspective and Thinking Patterns

Thought or Belief Helpful / Unhelpful Alternative Perspective Action or Reframe

☐ Challenge unhelpful thought patterns that amplify stress.

☐ Replace them with realistic, solution-focused thinking.

Tip: Your mindset determines how large or small a problem feels.

7. Support Network Builder

Person / Resource Type of Support Frequency of Contact How They Help

Mentor / Coach

Manager / Team

Friends / Family

Professional Services

☐ Keep connections active even when things are going well.

Tip: Asking for help is a strength, not a weakness.

8. Resilience-Boosting Habits

Habit	Frequency	Impact on Resilience (1–5)	Notes
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Daily gratitude or reflection			
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Mindful breathing or meditation			
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Positive journaling			
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Limiting negative news or input			
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Celebrating small wins			
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☐ Integrate at least two resilience-boosting habits into your daily routine.

Tip: Consistency builds mental strength more than intensity.

9. Resilience Development Plan

Goal	Strategy	Start Date	Review Date	Progress
Manage stress responses better	Practise breathing and pause before reacting			
Improve adaptability	Volunteer for a new project or role			
Strengthen recovery	Set sleep and rest routines			
Build perspective	Reflect weekly on lessons learned			

☐ Review this plan monthly and adjust as progress develops.

Tip: Resilience grows through small, deliberate challenges followed by recovery.

10. Reflection and Progress Review

- ☐ What have I learned about how I handle pressure?
- ☐ Which habits or routines helped me recover fastest?
- ☐ How do I stay positive when outcomes are uncertain?
- ☐ What will I commit to maintaining over the next month?

Tip: Resilience is built by combining awareness, recovery, and optimism every day.

How to Use This Plan

Use this tool monthly or after high-stress periods to rebuild focus and strength. It can be completed individually or during coaching sessions. Combine with the Emotional Intelligence Self-Test and Stress Response Analysis Tool to create a complete personal resilience framework.

Notes