

My Action Plan to Build Resilience

Resilience

Numb vs Restore # Gap or Gain # Small steps

Wins / Joy / Gratitude

Where the body goes the mind follows: Amy Cuddy



Past 12 months



Building Resilience

THIS

NOT THAT



What ignites me

JOY

RESTORE



What's in Your Control?

- 1.
- 2.
- 3.
- 4.
- 5.

Why Goals Matter:



- 1.
- 2.
- 3.



Identifying my compelling goal

H or A Goal?

Is it ...?

C
I
D

Score



Check your goal is aligned to your bigger vision for career / relationships / growth etc.

.....% increase in likelihood to succeed IF you write it down

Start with a verb



Action Steps

Watch out for Process vs Progress!

Scaffolding vs Building

What support / resources do you need to make this possible?

Next 30 days:

- 1.
- 2.

Rest of the Quarter:

- 1.
- 2.

My Ignition Word: