## My Action Plan to Build Resilience

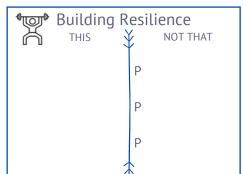
## Resilience

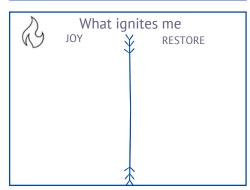
Numb vs Restore # Gap or Gain # Small steps



Past 12 months

Wins / Joy / Gratitude Where the body goes the mind follows: Amy Cuddy





What's in Your Control?

Why Goals Matter:

- 1.
- 2.
- 3



Identifying my compelling

..... Goal? 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:

Rest of the Ouarter:

- 1. 2.

My Ignition Word: