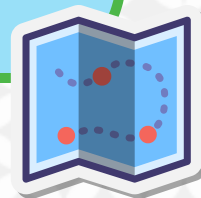


YOUR RESILIENCE ACTION PLAN

BUILDING A STRONGER YOU



OVERVIEW & INSTRUCTIONS



Like a tree growing unseen beneath the surface, our personal growth often happens during our toughest storms.

This workbook will help you build deeper roots of resilience so that you can stand strong in any challenge.

Once completed, use this plan as a reference during difficult times to remind yourself of the tools and strategies you can rely on.

Complete each step by reflecting on the prompts provided and writing your responses in the spaces.

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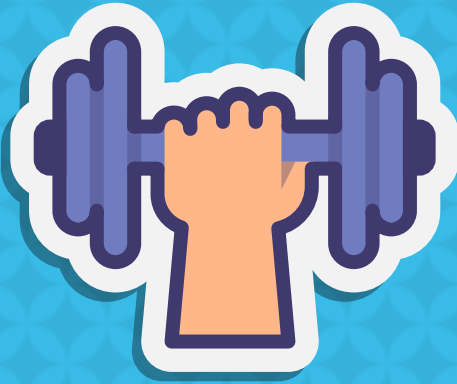
NOTE:

To help you through each step of your Resilience Action Plan, we've included a word/statement bank as a reference.



This resource provides examples of traits, skills, support systems, challenges, and strategies to inspire your answers and guide your reflection at each step.

THE CASE FOR RESILIENCE



VS



RESILIENCE

FRAGILITY

“I can bounce back from setbacks.”


Belief

“I can’t handle failures or setbacks.”

Remains persistent, adapts to change, and learns from failures.



Behavior

Gives up easily, becomes demotivated after challenges.

Greater adaptability, reduced stress, and long-term success.


Outcome

Higher stress, decreased mental wellbeing, and limited growth.



STEP 1: IDENTIFY PERSONAL STRENGTHS

Resilience begins with knowing your strengths. These are the qualities, skills, or resources you can rely on during challenging times.

Example:

"I am resourceful, adaptable, and have a strong network of supportive friends."

Prompt:

What are your personal strengths?
Consider skills, traits, or resources you excel in. List them.

STEP 2: IDENTIFY VULNERABILITIES



Understanding your vulnerabilities helps you recognize areas where you may need extra support or preparation.

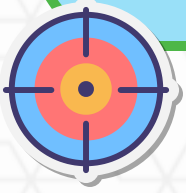
Example:

"I sometimes procrastinate under stress, which can make challenges harder to manage."

Prompt:

What are your weaknesses or areas where you feel less confident?
Be honest but constructive.

STEP 3: SET GOALS



Clear, actionable goals give you direction and purpose, which are key to building resilience.

Example:

"My goal is to improve my time management to reduce stress during busy periods."

Prompt:

What specific goals can help you build resilience?
Focus on small, actionable steps.

STEP 4: RECOGNIZE EXTERNAL CHALLENGES



Identify the external factors or obstacles that may test your resilience. Awareness allows you to prepare for them.

Example:

"A tight work deadline or family obligations might create stress and require prioritization."

Prompt:

What external challenges are you currently facing or might face in the future?
Write them down.



STEP 5: IDENTIFY EXTERNAL SUPPORTS

Resilience grows when you leverage the people and resources available to help you through difficult times.

Example:

"I can lean on my mentor for advice and talk to my close friends for emotional support."

Prompt:

Who or what are your external supports (e.g., people, organizations, tools)? List them.

STEP 6: DEVELOP ADAPTIVE STRATEGIES



Adaptive strategies are the specific actions you can take to manage challenges effectively and stay resilient.

Examples:

- Practice mindfulness or meditation.
- Break tasks into smaller steps to avoid overwhelm.
- Regularly remind yourself of past successes.

Prompt:

What strategies can you use to adapt and stay resilient?
Think of practical actions that work for you.



LOOKING BACK TO MOVE FORWARD

Before moving forward, take a moment to reflect on what you've discovered about yourself through this process. The insights you gain here will help solidify your growth and resilience.

Answer the following questions:

#1

What have you learned about yourself while completing this Resilience Action Plan?

#2

Which of your personal strengths (Step 1) do you now see as your most valuable asset? Why?

#3

What is one belief or mindset shift you've had about resilience through this process?

Take a deep breath and remind yourself:

You are stronger than you may know, and you have the tools to navigate life's challenges.

YOUR COMMITMENT TO RESILIENCE



Resilience is a lifelong journey. Committing to your own growth is a powerful way to remind yourself that you are capable of overcoming any challenge.

Use the space below to write a personal promise to yourself—one that will serve as your anchor during difficult times.

Example Promises:

- I promise to trust my strengths, focus on what I can control, and seek growth in every challenge.
- I commit to using my support system and resilience strategies whenever I feel overwhelmed.
- I will remind myself that setbacks are stepping stones, and I have the power to keep moving forward.

Write your personal promise below:

This promise is your North Star—a reminder that no matter what comes your way, you have the resilience to persevere and grow.



YOUR STORY OF STRENGTH

Now, let's have some fun! Use the information you filled out in the previous steps to complete this Resilience Story.

This will help you see how your strengths, challenges, and strategies come together to support you in difficult situations.

One day, I faced a challenge: _____
(Step 4 - External Challenge)

At first, I felt _____, **but then I remembered**
(Emotion/s you experience in tough situations)

my strengths: _____. **Instead of giving up,**
(Step 1 - Personal Strengths)

I used _____, **and I leaned on** _____ **for**
(Step 6 - Adaptive Strategy) (Step 5 - External Support)

guidance. I stayed focused on my goal: _____, **and reminded**
(Past or Present Goal)

myself that _____. **In the end, I**
(Personal Promise)

overcame the challenge and learned that _____.
(Step 2 - Key Insight about Yourself or Resilience)

Now, I know that no matter what storms come my way, I have the strength and the tools to keep growing and thriving.

This is your story of resilience—one that you can revisit anytime you need a reminder of your inner strength.

No matter what challenges arise, you already have what it takes to persevere.



WORD/STATEMENT BANK

TRAITS

- Adaptable
- Optimistic
- Persistent
- Creative
- Confident
- Courageous
- Empathetic
- Determined
- Focused

SKILLS

- Communication
- Time management
- Problem-solving
- Critical thinking
- Emotional regulation
- Decision-making
- Collaboration
- Stress management

SUPPORT SYSTEMS

- Friends
- Family
- Mentors
- Coaches
- Colleagues
- Community groups
- Professional networks
- Mental health professionals

EXTERNAL CHALLENGES

- Tight deadlines
- Financial pressures
- Health issues
- Relationship conflicts
- Market fluctuations
- Workload increases
- Lack of support
- Unexpected emergencies

ADAPTIVE STRATEGIES

- Break tasks into smaller steps
- Practice mindfulness or meditation
- Focus on past successes
- Create a daily routine
- Seek help when needed
- Reframe challenges as opportunities
- Prioritize self-care
- Set boundaries to avoid burnout
- Reflect on lessons learned
- Visualize positive outcomes

CONCLUSION



Your Resilience Action Plan is a starting point, not an endpoint. By reflecting on your strengths, addressing vulnerabilities, setting goals, and recognizing both challenges and supports, you are equipping yourself to thrive in any situation.

Remember, resilience is a journey, not a destination. Continue to revisit this plan, refine it, and use it to navigate life's storms with courage and determination.

STAY CONNECTED

Your journey doesn't end here. Stay engaged with us for more tools, resources, and tips to continue building your Psychological Capital.



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