

TOP TIER

EDUCATIONAL LEADERSHIP CONSULTING

Training Today's Leaders for Tomorrow's Schools

Leadership Resilience Plan

Weekly Reset Tool: Manage stress, improve responses, and sustain effectiveness.

Directions for Use

1. Identify your top stress triggers from the week.
2. Reflect on how you typically respond to those triggers.
3. Define a stronger, more intentional leadership response.
4. Plan specific actions to manage stress and maintain focus.
5. Commit to 1–2 adjustments for the upcoming week.

Step 1: Identify Your Stress Triggers

List your top three leadership stress triggers from this week:

1. _____
2. _____
3. _____

Step 2: Reflect on Your Responses

Trigger	Default Reaction	Strong Leader Response

Step 3: Plan Your Recovery Systems

What will you do to reset and maintain your energy next week?

Daily reset (What will you do?):

Focus time (When will you schedule it?):

Boundaries (What will you protect?):

Step 4: Weekly Commitment

What are 1–2 changes you will commit to next week?

1. _____

2. _____

Weekly Reflection

What improved my leadership this week?

What challenged my mindset?

What will I do differently next week?

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