

My Resilience Plan

People I can call or talk to for help:

- _____
- _____
- _____



Known Triggers:

My Strengths:

- 1 _____
- 2 _____
- 3 _____



What has helped me
in the past:

Words of Wisdom



Resilience

STRATEGIES



Write strategies that you have used in the past, or could use in the future to help you successfully overcome a challenge.

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Resilience *Reflection*



WHAT HAPPENED

*Briefly describe the challenge.
How did it impact you?*

WHY IT HAPPENED

*What caused this challenge? Am I
contributing to it or are there
outside factors, or possibly both?*

HOW I'VE GROWN

*What is one thing I learned or am
learning from this experience?*

HOW CAN I REFRAME

*Is there a way I can see this
situation differently? If so, how can
I reframe it?*

WHERE TO GO FROM HERE

*Is this situation permanent or can it
be changed? If so, what can I do to
change it?*

