



## Build a resilience plan

Use this tool to develop a plan for resilience that will help you overcome daily challenges and prepare you for what's to come.

| Who am I?  | Why am I here?  | What do I need?  | How will I do this?  |
|--|---|--|--|
| <b>Priorities</b><br>(list your top 5)   | <b>Purpose</b>  | <b>Goals</b>   | <b>Actions</b>   |
| <b>Examples:</b><br>1. Faith/spirituality<br>2. Family<br>3. Personal health<br>4. Job<br>5. Community service | <b>Example:</b><br>Big why: To positively influence and show love toward those I encounter. | <b>Examples:</b><br>Increase time spent in contemplation<br><br>Increase quality time I spend each day with spouse and children<br><br>Improve diet and exercise to lose 10 lbs<br><br>Better manage work time to be more productive<br><br>Prioritize volunteer and service commitments | <b>Examples:</b><br>Schedule 10 minutes twice a day to engage in contemplation.<br><br>Put aside cell phone and other devices between 6 and 9 PM each evening.<br><br>Schedule 30 to 45 minutes for walking each evening.<br><br>Delegate tasks when appropriate.<br><br>Choose two volunteer commitments and eliminate those that don't contribute to my personal and professional goals. |