

RESILIENCE BUILDING EXERCISE

DATE:

SITUATION FOCUS:

THE CHALLENGE

REFRAMING & ACTION

Identify the Stressor *What is the current obstacle?*

Controllable Elements *What factors can I influence?*

Cognitive Reframing *How can I view this as a growth opportunity?*

Available Resources *Skills, people, or tools I can use.*

Smallest Next Step *What is one micro-action I can take?*

REFLECTIONS & CORE VALUES