1) A SITUATION I'D LIKE TO BE MORE RESILIENT IN IS---

2) IF I WAS MORE RESILIENT IN THIS SITUATION, WHAT I'D NOTICE THAT WAS DIFFERENT IS...

- 3) OBSTACLES I FACE ARE... OR WHAT I FIND DIFFICULT IS ...
- 4) WHAT HELPS ME HERE IS---
- STRATEGIES
- STRENGTHS
- RESOURCES
- INSIGHTS

- 5) A TURNING OR POSITIVE SHIFT MIGHT HAPPEN IF I WERE TO...
- G) SPECIFIC ACHIEVABLE STEPS I CAN TAKE IN THE NEXT SEVEN DAYS ARE...

STORYBOARDING TEMPLATE FROM CHRIS JOHNSTONE'S COURSE

FOR MORE INFORMATION, SEE WWW.CHRISJOHNSTONE.INFO