

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...

6) SPECIFIC ACHIEVABLE STEPS I
CAN TAKE IN THE NEXT SEVEN DAYS
ARE...