STRITEGY TWO WORKSHEET

STEPS 1 + 2 - KNOWING YOUR SITUATION CAN WORK OUT DIFFERENT WAYS, WHAT'S THE BEST, THE WORST AND THE MOST LIKELY THING TO HAPPEN?

STEPS 3 + 4 - STARTING FROM WHERE YOU ARE, FACING WHAT YOU FACE, WHAT WOULD YOU LIKE TO HAPPEN HERE? WHAT DO YOU HOPE FOR?

STEP 5 - WHAT CAN YOU DO TO MAKE YOUR HOPES MORE LIKELY TO HAPPEN? WHAT STEP OF ACTION CAN YOU TAKE?

HANDOUT FROM CHRIS JOHNSTONE'S RESILIENCE COURSE