

Strategy 3 – The Boat and Water Level Process

1) The first stage is to draw a horizontal line to represent the 'water level' of your resilience.

2) The second stage is to identify any background factors that have a negative effect on your resilience (even if small effects). Represent these by drawing arrows pushing the line downwards.

3) The third stage is to identify any background factors having a positive influence on your resilience. Represent these by drawing arrows pushing the water level line upwards (see diagram below). Anything that lifts the line strengthens or supports resilience.

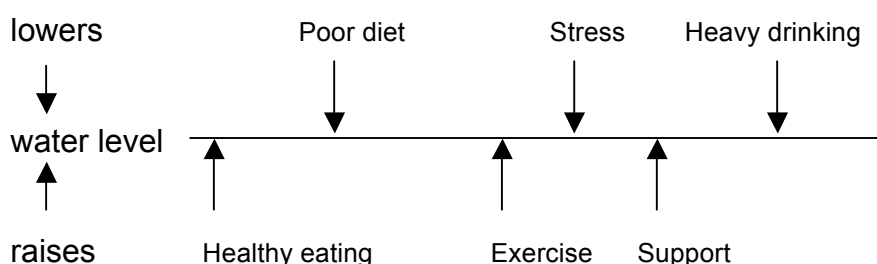


Fig 1: Identifying background factors influencing our resilience

4) The fourth stage is to identify specific practical steps you can take to raise your water level – are there any downward arrows you can remove or reduce or find ways to counter? Are there any upward arrows you can give more attention to so that they grow stronger?

Please draw in upward or downward arrows here to represent factors you recognise that influence your resilience. Then identify areas you can give attention to that might help your resilience grow.

Things that reduce or undermine my resilience include:



Things that support or strengthen my resilience include:

Handout from Chris Johnstone's *Personal Resilience in an Hour* online course.