

My Resilience Plan

People I can call or talk to for help:

- _____
- _____
- _____



Where do I need to set boundaries?



What has helped me
in the past:

My strengths:

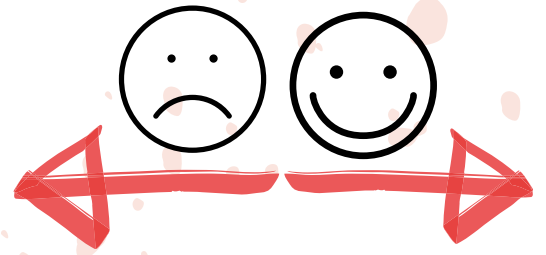
- 1 _____
- 2 _____
- 3 _____

Advice I would give a friend:

My Resilience Plan

What's under my control?

- _____
- _____
- _____



1 5 9
Happy with your life

What kind of thoughts do I have?

Goals for myself

- 1 _____
- 2 _____
- 3 _____



Actions to take today,
this week, this month

What's the vision for my family?
