

## Resilience Building Action Plan

Previous experiences of my resilience I can draw on to help me manage my current problems:

- 1.
- 2.
- 3.

What I plan to do to increase my resilience to help myself at this time:

- 1.
- 2.
- 3.

Role models I can remind myself of to help me manage my current problems:

- 1.
- 2.
- 3.