



RESILIENCY BUILDERS TOOL

PART 1: Check off the top three or four resiliency builders you use most often. Ask yourself how you have used these in the past or currently use them. Think of how you can best apply these resiliency builders to current life problems, crises, or stressors.

PART 2: Put a + sign in the resiliency builders you think you should add to or increase in your personal repertoire.

- Strategic Professional Alliances – groups, colleagues, co-workers
- Strategic Personal Connections – friends or family supporters
- Constructive Partnership – mentor, advisor, coach
- Health, Care & Fitness Routine – eat right, sleep enough, consistent exercise
- Social Outlets – at least twice per week
- Clear & Consistent Boundaries – personally and professionally
- Humor/Comic Relief – intentionally create opportunities
- Cognitive Development Routine – visualization, motivational teachings, affirmations, etc.
- Mental Unplug – minimum 30-60 minutes per day
- Education and Growth – books, articles, podcasts, application
- Written Goals & Vision – keep written goals and vision in front of you continually
- Faith / Values – consistently rehearse and evaluate core values and beliefs
- Breed Success – be intentional about creating success every day
- Stay Organized with weekly/daily lists and prioritization – increases productivity, confidence & time management effectiveness
- Maintain Integrity & Rapport – never compromise
- Sow into the lives of others – the internal rewards are priceless