
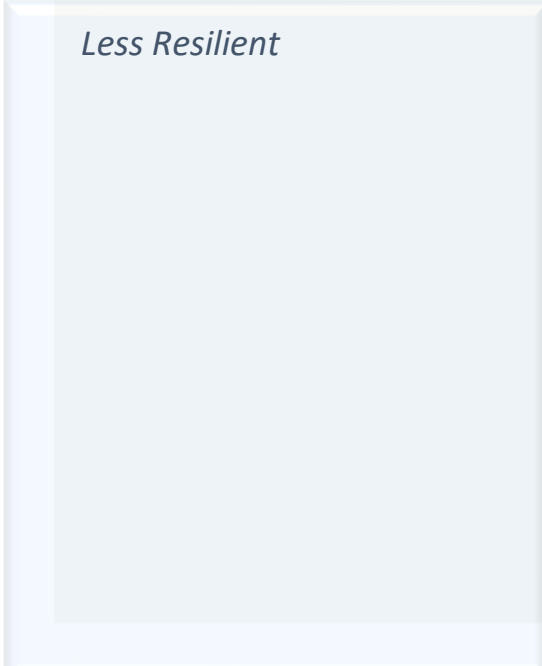


Resilience During COVID-19 and Beyond

Contemplating Resilience

1. Think of a time when you or someone you know adapted well to change/challenge and then a time when you or someone you know did not handle change/challenge well. Consider what factors contributed to each reaction:

| | |
|---|--|
| <p><i>More Resilient</i></p>  | <p><i>Less Resilient</i></p>  |
|---|--|

What is one resilience-building factor you would like to enhance: _____

Investing in Connections: Bigger-than-Self Goals

What kind of positive impact do you want to have on the people around you?

What mission in life or at work most inspires you?

What do you want to contribute to the world? What change do you want to make?

Clarifying Priorities and Setting SMART Goals

1. If you could spend time and energy on one thing, and one thing only, for the next (choose reasonable timeframe) what would it be?

2. If you could do two things, what would the second be? _____

3. Three things? _____

4. Four things? _____

5. Five things? _____

Identify 3-5 SMART goals that you can enact now that will support your priority areas:

1. _____

2. _____

3. _____

4. _____

5. _____



Share What Went Well

| What Went Well Today? | What was so great about this? |
|-----------------------|-------------------------------|
| | |
| | |
| | |

References:

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