

Instructions for Building an Action Plan

Module 3: Developing Resilience

1. First, identify a small, achievable personal or professional goal. For some, it could be focused on taking action to achieve your own personal definition of balance. For others, it could be focused on developing your own strategies for adaptation and recovery in situations that are stressful.
2. Next, consider how you will measure success. What metric will you use?
3. Identify a timeframe to check-in on your progress.
4. The second half of the action plan, labeled "How will I get there?", provides a space for you to consider the steps that you're currently taking to achieve your goal and identify what new steps you would like to take.
 - List and categorize the behavior that you're currently doing (physical, social, psychological, etc). Consider if you should keep doing it, do more of, or do less of. Identify if there are any barriers to that behavior.
 - For the new behaviors that you could like to try, list and categorize. Identify what the first, small step might be for you. Consider if there are any potential barriers to starting that new behavior.