

Resilience Template

The past can be a resourceful place. Use this template to recall important resources you are able to draw upon to build your resilience.

Skills (that you can draw on e.g. creativity, innovation)

Supports (the things that keep you going e.g. friends, exercise, faith)

Strategies (actions you take to move you forward to overcome a period of difficulty – e.g. limiting distractions, taking a walk etc.)

Sagacity (any wisdom, inspiration or insight that you may hold onto e.g. a poem, quote, mantra, image)

Source: Carole Pemberton