

Resilience Builder Tool	Emotional Resilience Connection, support, joy, love	Mental Resilience De-stress, release, space, peace	Physical Resilience Movement, achievement, strength, renewal
0 – 10 score (0, worst it can be -10, best it can be)			
Where am I at? How are things now?			
Where I would like to be? This acts as your goal			
What resources do I have? What will help you reach your goal?			
What resources do I need?			
What steps can I take? Can add multiple steps but keep it achievable. Be realistic			
Are there any “quick wins”? Actions you could take now.			
Reflect: what actions did I take? What worked, what didn't?			