

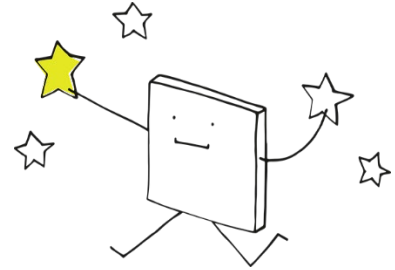
Building your resilience

Write down three good things that have happened for you in the last day, week or month:

1.

2.

3.



Resilience means:

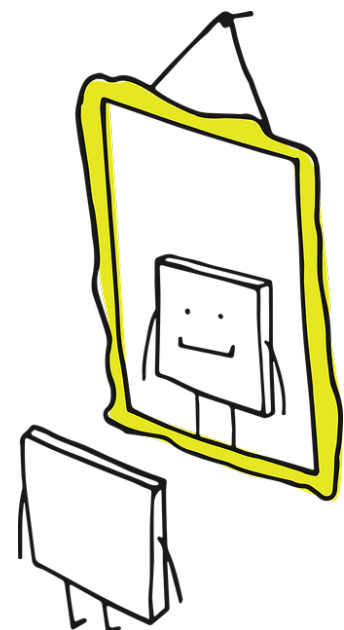
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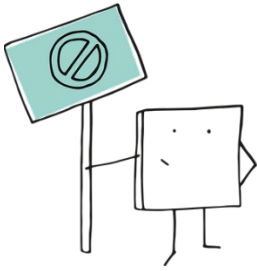
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Give yourself a rating out of 10 for your physical, emotional, mental and spiritual wellbeing:

Physical	Emotional
Mental	Spiritual





How do you know when your resilience is low?

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My ideas for actions to improve my wellbeing and resilience:

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The **one** action I am going to commit to is: