



Well-being: physical, emotional, and spiritual health

Self-awareness: purpose, mindset, and type

Brand: attributes, impact, and reputation

Connection: cultivating relationships

Innovation: challenging yourself

Notes

Career ReCharge Team

Name _____ Date _____

RESILIENCY ACTION PLAN

Well-being *Physical, emotional, and spiritual health*

Well-being Rating _____

STRATEGY _____

Self-awareness *Purpose, mindset, and type*

Self-awareness Rating _____

STRATEGY _____

Brand *Attributes, impact, and reputation*

Brand Rating _____

STRATEGY _____

Connection *Cultivating relationships*

Connection Rating _____

STRATEGY _____

Innovation *Challenging yourself*

Innovation Rating _____

STRATEGY _____

To Spark My Resilience:

I will begin to focus on my: _____

One-month goal: _____

Three-month goal: _____

Six-month goal: _____

I will schedule my **Friday 5** at _____

I will ask myself every day *What can I do today to spark my resilience?*