

# Resiliency: Bounce Back from Change - Notes

## Resiliency Defined:

### How Resilient am I (0-10)?

#### Mini Resiliency Self-Assessment

For each item: Score yourself

0 - Not at all me or I don't have these skills      1 - Sometimes or I have some of these skills  
2 - Often me or I have these skills                      3 - Mastery of skills or always me

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

TOTAL

#### Reflections from Resiliency Self-Assessment

- What did you notice?
  
- How did your assessment score compare to how resilient you thought you were?
  
- What new awareness do you have?
  
- Take a moment to reflect on what you want to build resilience in.

#### Your Comfort Level with Change – High/Med/Low

#### How do your beliefs about change impact your resiliency?



# Resiliency: Bounce Back from Change - Notes

## Methods to Grow & Nurture Resiliency

- 3 P's – Personalization, Pervasiveness, Permanence – Where do you get stuck?
- Accept change is a part of life
- Believe you will survive
- Setting Boundaries
- Keep Learning New Things and Skills
- Build network & positive connections
- Plan and work towards goals

## Coaching Questions Notes & Reflections

## Resiliency Action Planning

1. Assess my resiliency – area(s) to focus on.
2. What is your major life event or area to build resiliency?
  - a. Intentional and purposeful
3. Where is the opportunity in this?
4. How long might this season last?
5. Project the next chapter after this change.



## Resiliency: Bounce Back from Change - Notes

6. What boundary would you like to set?
  - a. What do I want to say *no* to more often?
  - b. What do I want to say *yes* to more often?
  
7. What new thing or skill do I want to learn?
  - a. Personally, by when?
  - b. Professionally by when?
  
8. Inventory of current network & connections
  - a. What does my network look like?
  - b. What action I will take in the next week on building or renewing a connection?
  
9. SMART Goals for Building Resiliency
  - a. My action to take in the next 48 hours
  - b. My action to take in next week/month
  
10. Who or What can hold you accountable to your Resiliency in Action Plan?
  - a. email [teresa@boldfulfilledlifecoach.com](mailto:teresa@boldfulfilledlifecoach.com) – if you want her to help hold you accountable to Resiliency in Action plan.

### Resiliency in Action Notes & Reflections

**Thank you for your participation!**

May you be blessed and resilient as you journey through life.

*Teresa*

