

RESILIENCE JOURNAL AND PLANNER

EMBRACE
RESILIENCE



• This Book Belongs to- •

• •

Introduction

This journal and planner is based on well-researched tools designed to promote activities that will make you physically and mentally stronger, healthier and more resilient.

The underpinning principles of resilience emphasized in this journal encourage you to:

- Be honest in your assessment of yourself.
- Believe in your capacity to change.
- Don't seek to be 'happy'. Aim to be authentic.
- Develop your own personal daily routines.

We hope you enjoy this journal, smile at some of the quotes and become inspired to develop your personal resilience.





Date: _____



“
Style is like when they're running you out of town and you make it look like a parade.
”

William Battle

Here's what I will have achieved by this time next week:



My Key Goals For Today:

Tell my favourite joke or anecdote to at least one person.

To Do List:

-
-
-
-

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?





Date: _____



Do you think you've learned from your mistakes?

What mistakes?

My Key Goals For Today:

To Do List:

-
-
-
-



NOTES:

My dominant mood or feelings today could be described as:

Happy Lonely Excited Love Disappointment Resentment Grateful Anxious

Engaged Fatigue Anger Anticipation Other



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?





Date: _____



“
An inferiority complex would be
a blessing if only the right
people had it.
”

Alan Rees

Here's how I will demonstrate my resilience today:



My Key Goals For Today:

To Do List:

-
-
-
-

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____



Reflection Sheet



Date: _____



“

He's a self-made man who worships his creator.

”

William Cowper

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“ To love oneself is the beginning of a life long romance. ”

Oscar Wilde

Here are my general priorities right now (Health, Work, Family, Wellbeing, Finances, Relationships):

▲
▲
▲
▲



My Key Goals For Today:

To Do List:

-
-
-
-

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?



Reflection Sheet



Date: _____



“ Modesty is the hope that other people will discover by themselves how wonderful we really are. ”

Aldo Cammarota

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



NOTES:

Large empty rectangular box for taking notes.



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“
The nice thing about egoists is that they don't talk about other people.
”

Lucile S. Harper

Here's what I will have achieved by this time next week:



Here's how I will demonstrate my resilience today:

My Key Goals For Today:

To Do List:
○
○
○
○



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“ Niles, I've got news for you. Copernicus called and apparently you are NOT the centre of the universe. ”

Frasier Crane

My Key Goals For Today:

Perform a random act of kindness

To Do List:

-
-
-
-



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____



Pledge Sheet



Is your husband religious?

Oh yes. He thinks he's God Almighty.

Mrs David Frost

Date: _____

Mo	Tu	We	Th	Fr	Sa	Su
----	----	----	----	----	----	----

For the next week I hereby pledge to: (tick all that apply)

- Do something everyday to develop my resilience.
- Perform one random act of kindness.
- Learn more about mindfulness and practice it.
- Remind myself each day about the things I am grateful for.



My Key Goals For Today:

To Do List:

-
-
-
-

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Reflection Sheet

Date: _____



“ If you ask me what I came into this life to do, I will tell you: I came to live out loud. ”

Emile Zola

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“ If I only had a little humility
I'd be perfect. ”

Ted Turner

My Top Priorities:



My Key Goals For Today:

To Do List:

-
-
-
-

NOTES:

Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Reflection Sheet

Date: _____



“ Better to have loved a short man than never to have loved a tall. ”

David Shambless

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“
But enough about me. Let's talk about you. What do you think of me?
”

Bette Midler

Here's what I will have achieved by this time next week:



Here's how I will demonstrate my resilience today:

My Key Goals For Today:

To Do List:
○
○
○
○



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____



Reflection Sheet



Date: _____



“ Better to have loved a short man than never to have loved a tall. ”

David Shambless

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Pledge Sheet

“ It’s not that hard to make decisions when you know what’s important to you. ”

Date: _____



For the next week I hereby pledge to: (tick all that apply)

- Find or do at least one thing that makes me laugh everyday.
- Remember that everyday my resilience will be tested.
- Say to myself everyday 'I can, I will....end of story'.
- Remind myself everyday that I can choose to be stronger and healthier.



My Key Goals For Today:

To Do List:

- o
- o
- o
- o



NOTES:



Here’s the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Reflection Sheet

Date: _____



Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“ All I need is a room to lay my hat and a few friends. ”

Dorothy Parker

List three things that are super-important to me:

- 1 _____
- 2 _____
- 3 _____



Look at the list of values below and pick out the three that are most important to you and write them down. These are your **Core Values**.

BRAVERY/COURAGE	FREEDOM	LEARNING
BEAUTY	GIVING	SHARING
MANNERS	GRATITUDE	WINNING
HARD WORK	HOPE	RESPONSIBILITY
DISCIPLINE	HEALTH	RESPECT
EQUALITY	HUMOUR	MONEY/WEALTH
EXCELLENCE	INDEPENDENCE	TRUST
ENJOYMENT	FAIR PLAY	PERSISTENCE

- 1
- 2
- 3



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“ I woke up one morning and discovered that everything in my room had been replaced by an exact replica. ”

Steven Wright

Here are my general priorities right now (Health, Work, Family, Wellbeing, Finances, Relationships):



My Key Goals For Today:

Five horizontal lines for writing key goals.

To Do List:

- Four empty circles for a to-do list.

NOTES:

A large rectangular box for taking notes.



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?

A horizontal line for writing the reason for the score.





Date: _____



Here are my general priorities right now (Health, Work, Family, Wellbeing, Finances, Relationships):

- ▲
- ▲
- ▲
- ▲



My Key Goals For Today:

To Do List:

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-

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?



Reflection Sheet



Date: _____



“ Tough time don't last, but strong people do. ”

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Reflection Sheet

Date: _____



“ The bible tells us to love our neighbors, and to love our enemies; probably because they are generally the same people. ”

G.K. Chesterton

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





A letter to your younger self aged 13

Date: _____



“ I hate housework. You make the beds, you do the dishes and six months later you have to start all over again. ”

Joan Rivers

A large rectangular area with horizontal lines for writing a letter to one's younger self.



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?

A horizontal line for writing the reason for the score.





Date: _____



“ Resilience is not just about the ability to keep going but the ability to start again from scratch. ”

My Key Goals For Today:

Write a hand-written letter or note to someone special - and send/give it to them!

To Do List:

-
-
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-



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“
 There are two types of people in this world. Those who walk in to a room and say ‘ Here I am’ and those who walk in and say ‘Ah, there you are’.
 ”

Frederick Collins

Here’s how I will demonstrate my resilience today:



My Key Goals For Today:

To Do List:

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-
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NOTES:



Here’s the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



My Key Goals For Today:

To Do List:

-
-
-
-



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____



Reflection Sheet



Date: _____



“ We didn't have metaphors in my day. We didn't beat around the bush. ”

Fred Trueman

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



Here's what I will have achieved by this time next week:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“ I think the expression ‘It’s a small world’ is a euphemism for, ‘I keep running in to people I can’t stand.’ ”

Brock Cohen

Here are my general priorities right now (Health, Work, Family, Wellbeing, Finances, Relationships):

- ▲
- ▲
- ▲
- ▲



My Key Goals For Today:

To Do List:

-
-
-
-

NOTES:



Here’s the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?





Date: _____



“
 If you want something you never had, you have to do something you've never done.
 ”

Here's how I will demonstrate my resilience today:



My Key Goals For Today:

To Do List:

-
-
-
-



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____



A letter to your future self



Date: _____



A large rectangular box containing 20 horizontal lines for writing a letter to one's future self.



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“ I have always wanted to write a book that ended with the word 'mayonnaise'.”

Richard Brautigan

My Top Priorities:



My Key Goals For Today:

Four horizontal lines for writing key goals for the day.

To Do List:

-
-
-
-

NOTES:

Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“
 We don't really know what we think until we hear ourselves say it.
 ”

Anon

My Key Goals For Today:

Pay attention to the way I talk to myself - especially when things go wrong.

To Do List:

-
-
-
-



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“
 Everywhere I go I'm asked if
 university stifles writers. My opinion
 is that it doesn't stifle enough of
 them.
 ”

Flannery O'Connor

Here's what I will have achieved by this time next week:



Here's how I will demonstrate my resilience today:

My Key Goals For Today:

To Do List:
○
○
○
○



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____



Pledge Sheet



Date: _____



For the next week I hereby pledge to: (tick all that apply)

- Do something everyday to develop my resilience.
- Perform one random act of kindness.
- Learn more about mindfulness and practice it.
- Remind myself each day about the things I am grateful for.



My Key Goals For Today:

To Do List:

- o
- o
- o
- o

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



My Key Goals For Today:

Write a hand-written letter or note to someone special - and send/give it to them!

To Do List:

-
-
-
-



NOTES:

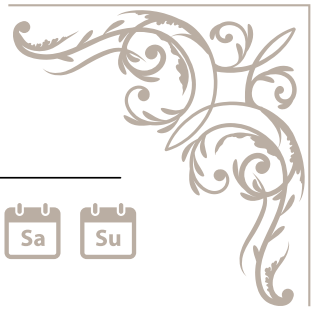


Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“
Anyone who can write home
for money can write for
magazines.”

Wilson Mizner

My Key Goal For Today:

Decide on one thing that I am going to change about the way I approach things.

To Do List:

-
-
-
-



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____



Pledge Sheet



Date: _____



For the next week I hereby pledge to: (tick all that apply)

- Make sure that (on the whole) my diet makes me stronger and healthier.
- Try to understand others when they are angry or upset.
- Be honest with myself and others.



My Key Goals For Today:

To Do List:

- o
- o
- o
- o

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“

I'm writing a book. I've got the page numbers done.

”

Steven Wright

Here are my general priorities right now (Health, Work, Family, Wellbeing, Finances, Relationships):



My Key Goals For Today:

To Do List:

-
-
-
-

NOTES:

Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Reflection Sheet

Date: _____



“ The best writers start with a clean piece of paper and a dirty mind. ”

Patrick Dennis

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“ Advice to writers. Sometimes you have to stop writing. Even before you begin. ”

Stanislaw Jerzy Lec

My Key Goals For Today:

To Do List:

-
-
-
-



NOTES:

My dominant mood or feelings today could be described as:

- Happy Lonely Excited Love Disappointment Resentment Grateful Anxious
- Engaged Fatigue Anger Anticipation Other



Here's the score I give myself for demonstrating resilience today:

- 1 2 3 4 5 6 7 8 9 10

Why this score?





Date: _____



“
Life is tough my Darling, but
so are you.
”

My Top Priorities:



My Key Goals For Today:

To Do List:

-
-
-
-



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____



Pledge Sheet



Date: _____



For the next week I hereby pledge to: (tick all that apply)

- Find or do at least one thing that makes me laugh everyday.
- Remember that everyday my resilience will be tested.
- Say to myself everyday 'I can, I will....end of story'.
- Remind myself everyday that I can choose to be stronger and healthier.



My Key Goals For Today:

To Do List:

- o
- o
- o
- o



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



My Key Goals For Today:

Write a hand-written letter or note to someone special - and send/give it to them!

To Do List:

-
-
-
-



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“
 It's not happy people who are grateful, it's grateful people who are happy.
 ”

My Key Goal For Today:

Do something I have been putting off for some time.

To Do List:

-
-
-
-



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



My Top Priorities:

- ▲
- ▲
- ▲
- ▲



My Key Goals For Today:

To Do List:

-
-
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-

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Pledge Sheet

“
 All the world's a stage and
 we are all desperately
 unrehearsed.
 ”

Sean O Casey

Date: _____

Mo Tu We Th Fr Sa Su

For the next week I hereby pledge to: (tick all that apply)

- Do something everyday to develop my resilience.
- Perform one random act of kindness.
- Learn more about mindfulness and practice it.
- Remind myself each day about the things I am grateful for.



My Key Goals For Today:

To Do List:

-
-
-
-

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“Some people cause happiness wherever they go; others whenever they go.”

Oscar Wilde

Here are my general priorities right now (Health, Work, Family, Wellbeing, Finances, Relationships):



My Key Goals For Today:

Four horizontal lines for writing key goals.

To Do List:

- Four empty circles for a to-do list.

NOTES:

A large rectangular box for taking notes.



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?

A horizontal line for writing the reason for the score.





Pledge Sheet

Date: _____



For the next week I hereby pledge to: (tick all that apply)

- Find or do at least one thing that makes me laugh everyday.
- Remember that everyday my resilience will be tested.
- Say to myself everyday 'I can, I will....end of story'.
- Remind myself everyday that I can choose to be stronger and healthier.



My Key Goals For Today:

To Do List:

- o
- o
- o
- o



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





“
 A Freudian slip is when you say one thing but you're actually thinking about a mother.
 ”

Carrie Anderson

Here's what I will have achieved by this time next week:



Here's how I will demonstrate my resilience today:

My Key Goals For Today:

To Do List:
○
○
○
○



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“ I can resist everything except temptation. ”

Oscar Wilde

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



My Top Priorities:

- ▲
- ▲
- ▲
- ▲



My Key Goals For Today:

To Do List:

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-
-
-

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



My Key Goal For Today:

Pay attention to the things that trigger a negative emotion and jot them down below.

To Do List:

-
-
-
-



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“ An optimist is one who fills in the crossword puzzle in ink. ”

Clement Shorter

Here are my general priorities right now (Health, Work, Family, Wellbeing, Finances, Relationships):

- ▲
- ▲
- ▲
- ▲



My Key Goals For Today:

To Do List:

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-
-
-

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?





Pledge Sheet

Date: _____



For the next week I hereby pledge to: (tick all that apply)

- Find or do at least one thing that makes me laugh everyday.
- Remember that everyday my resilience will be tested.
- Say to myself everyday 'I can, I will....end of story'.
- Remind myself everyday that I can choose to be stronger and healthier.



My Key Goals For Today:

To Do List:

- o
- o
- o
- o



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



My Key Goals For Today:

Pay attention to the way I talk to myself - especially when things go wrong.

To Do List:

-
-
-
-



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____



Pledge Sheet



Crime in a multi-story car park.

That's just wrong on so many levels.

Anon

Date: _____



For the next week I hereby pledge to: (tick all that apply)

- Do something everyday to develop my resilience.
- Perform one random act of kindness.
- Learn more about mindfulness and practice it.
- Remind myself each day about the things I am grateful for.



My Key Goals For Today:

To Do List:

- o
- o
- o
- o

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____



Reflection Sheet



Date: _____



“
Whenever I feel the world is moving
too fast, I go to the post office.
”

Billy Connolly

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



My Key Goal For Today:

Do something I have been putting off for some time.

To Do List:

-
-
-
-



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



My Top Priorities:

- ▲
- ▲
- ▲
- ▲



My Key Goals For Today:

To Do List:

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NOTES:

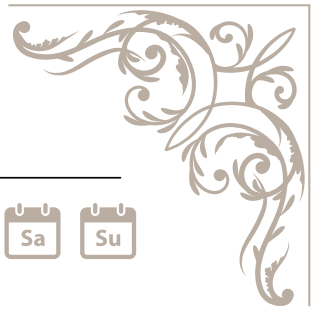


Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“
Everywhere is within walking distance if you have the time.
”

Steve Wright

My Key Goal For Today:

Prioritise my values .

To Do List:

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-
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NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“
The early bird may get the worm but it's the second mouse that gets the cheese.
”

Jon Hammond

Here's what I will have achieved by this time next week:



My Key Goal For Today:

Return to a piece of work or something else I have already done satisfactorily and then start it from scratch and make it even better.

To Do List:

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-
-
-

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?





Date: _____



“ Show me a sane man and I will cure him for you. ”

Carl Jung

Here are my general priorities right now (Health, Work, Family, Wellbeing, Finances, Relationships):



My Key Goals For Today:

Five horizontal lines for writing key goals.

To Do List:

- Four empty circles for a to-do list.

NOTES:

A large rectangular box for taking notes.



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?

A horizontal line for writing the reason for the score.



Pledge Sheet



Hello!
He lied

Miles Rhodes

Date: _____



For the next week I hereby pledge to: (tick all that apply)

- Do something everyday to develop my resilience.
- Perform one random act of kindness.
- Learn more about mindfulness and practice it.
- Remind myself each day about the things I am grateful for.



My Key Goals For Today:

To Do List:

- o
- o
- o
- o

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____



Reflection Sheet



Date: _____



“ Normal is just a cycle on the washing machine. ”

Whoopi Goldberg

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



My Top Priorities:

- ▲
- ▲
- ▲
- ▲



My Key Goals For Today:

To Do List:

-
-
-
-

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____



Pledge Sheet



Date: _____



For the next week I hereby pledge to: (tick all that apply)

- Find or do at least one thing that makes me laugh everyday.
- Remember that everyday my resilience will be tested.
- Say to myself everyday 'I can, I will....end of story'.
- Remind myself everyday that I can choose to be stronger and healthier.



My Key Goals For Today:

To Do List:

- o
- o
- o
- o



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



My Top Priorities:



My Key Goals For Today:

To Do List:

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-
-
-

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“ I am an old man and have known many troubles, but most of them never happened. ”

Mark Twain

My Key Goals For Today:

To Do List:

-
-
-
-



NOTES:

My dominant mood or feelings today could be described as:

- Happy Lonely Excited Love Disappointment Resentment Grateful Anxious
- Engaged Fatigue Anger Anticipation Other



Here's the score I give myself for demonstrating resilience today:

- 1 2 3 4 5 6 7 8 9 10

Why this score?



Pledge Sheet



They say you only use 10 percent of your brain.

What about the other 10 percent?

Lara Bliss

Date: _____

Mo Tu We Th Fr Sa Su

For the next week I hereby pledge to: (tick all that apply)

- Do something everyday to develop my resilience.
- Perform one random act of kindness.
- Learn more about mindfulness and practice it.
- Remind myself each day about the things I am grateful for.



My Key Goals For Today:

To Do List:

- o
- o
- o
- o

NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“ I cheated in the final of my metaphysics examination. I looked in to the soul of the boy sitting next to me. ”

Woody Allen

Here's what I will have achieved by this time next week:

Here are my general priorities right now (Health, Work, Family, Wellbeing, Finances, Relationships):



My Key Goals For Today:

To Do List:

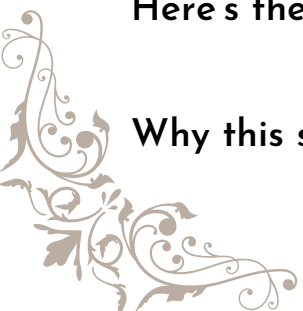
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Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?





Date: _____



“ An expert is someone who can take something you knew already and make it seem confusing. ”

Herbert Prochnow

My Key Goal For Today:

Pay attention to the things that trigger a negative emotion and jot them down below.

To Do List:

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NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Reflection Sheet

Date: _____



“ I had a terrible education. I went to a school for emotionally disturbed teachers. ”

Woody Allen

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Reflection Sheet

Date: _____



“ No civilized person ever goes to bed the same day as they get up. ”

Richard Davis

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here's what happened (here's the situation):

Here's what I did: _____

Here's what I did well: _____

Here's what I could have done better: _____

Here's what I will do next time: _____

Here's how, if at all, my resilience played a part today: _____



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“ The first time I see a jogger smiling I'll consider it. ”

Joan Rivers

Here are my general priorities right now (Health, Work, Family, Wellbeing, Finances, Relationships):

- ▲
- ▲
- ▲
- ▲



My Key Goals For Today:

To Do List:

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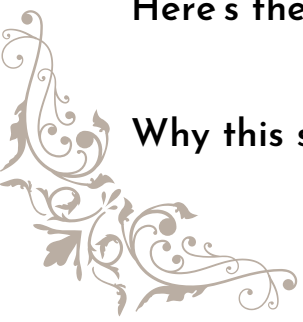
NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?





“ I went on one of those once in a lifetime holidays last year. I won't be doing that again. ”

Tim Vine

My Key Goal For Today:

Prioritise my values .

To Do List:

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-



NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?





Date: _____



“
Nothing in the world arouses more false hopes than the first few hours of a diet.
”

Nora Ephron

Here's what I will have achieved by this time next week:



My Key Goals For Today:

Tell my favourite joke or anecdote to at least one person.

To Do List:

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NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?





Date: _____



My Top Priorities:

- ▲
- ▲
- ▲
- ▲



My Key Goals For Today:

To Do List:

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NOTES:



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Reflection Sheet

Date: _____



“ If I’m not in bed by midnight, I just go home. ”

Henny Youngman

Think of a situation you were involved in today. What did you do or fail to do? It can be something that went well or something that went wrong.

Here’s what happened (here’s the situation):

Here’s what I did: _____

Here’s what I did well: _____

Here’s what I could have done better: _____

Here’s what I will do next time: _____

Here’s how, if at all, my resilience played a part today: _____



NOTES:



Here’s the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____





Date: _____



“ The day you die is just like any other day. It’s just a bit shorter. ”

Anon

Here are my general priorities right now (Health, Work, Family, Wellbeing, Finances, Relationships):

- ▲
- ▲
- ▲
- ▲



My Key Goals For Today:

To Do List:

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-
-
-

NOTES:



Here’s the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score?





“
 Ducking for apples. Change
 one letter and it's the story
 of my life.
 ”

Dorothy Parker

Here's what I will have achieved by this time next week:



Here's how I will demonstrate my resilience today:

My Key Goals For Today:

To Do List:
○
○
○
○



Here's the score I give myself for demonstrating resilience today:

1 2 3 4 5 6 7 8 9 10

Why this score? _____



