

Taking Action

Think Direction, Not Perfection!

1. Identify new actions and focus on what you can control

- What one, small action will I take to increase my resilience? Do I have control over that action?

2. Tie the new action to what's important to you:

- Why is taking this action important to me? (Keep asking “why” until you feel a strong emotion.)

3. Set the bar low: What's the smallest step I could take to make this new action a habit?

4. Set yourself up for success: What will I do to ensure that I succeed?

- Set an intention?
- Define a trigger?
- Other tools and resources I can use?

5. Think direction, not perfection:

- Act like a scientist – experiment with new behaviors and see what happens
- Learn from your mistakes. Get curious.
- Be flexible.

Example Resilience Plan

New action: I will go to bed by 10 p.m. and wake up at 6 a.m. to allow for 8 hours of sleep.

Why this is important to me: When I get enough sleep, I am more pleasant to be around. My family time is more positive (I snap less) and they are the most important people in my life. Also, I produce higher quality work and am overall less stressed when I get enough sleep.

My plan for success: To help support me in this effort, I'll use the bedtime app on my phone and set my "night shift" function to 8 p.m.

My Personal Resilience Plan

New action:

Why this action is important to me:

My plan for success:

