

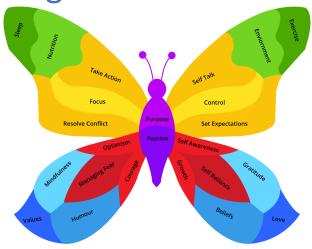




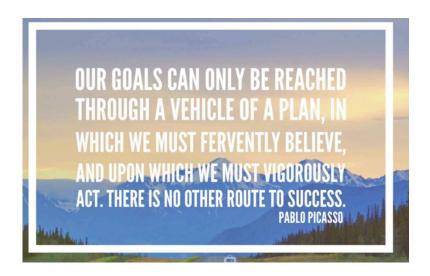
## Building a Resilient Mindset One Day at a Time



Module Three Cognitive Resilience



Taking Action Workbook

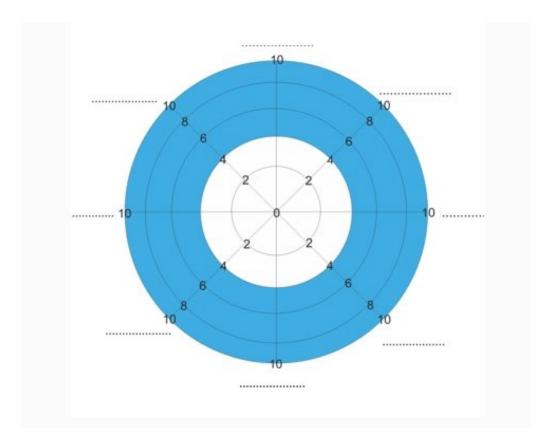


Identify areas in your life where you would like to make some changes.

These can be general like finance, family time, career, health and so on or they can be specific to one area.

For example: Getting fit – one area might be nutrition, another might be exercise, another might be sleep, another might be meditation etc.

Mark where you are 0 to 10 where 0 is work needed, and 10 is amazing! Pick one area where the largest gain can be made and set some goals around moving that forward. Don't pick too many goals as this can be overwhelming and ultimately you may not be able to sustain your focus.



Make sure your goals are:

Specific Measurable Achievable Realistic Time Bound

## What's your Why?

what is your goal?		

Why is this important to you?
How will you feel when you achieve this goal?
What are the benefits of achieving this goal?
Who will benefit from you achieving this?

## What's your How?

What is the overall objective?
What are the tasks, activities and actions that need to be done to meet the objective?
How long will each one take?
How often will you have to do the activity?

Schedule this into your calendar?
What obstacles might you meet and how will you get past them?
Who can help you stay accountable?
who can help you stay accountable:
How will you know when you have succeeded?
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