



Resilience Participants Worksheet

Use this worksheet as we move through the workshop. Keep it visible; you'll build your Personal Resilience Plan (PRP) as you go.

1) Quick Reflection — Which amplifier is the loudest? (2 min)

Circle one: Uncertainty Loss of Control Identity Threat

Why this resonates for me right now:

2) Setting your Baseline

Rate yourself 0–10 on each lens today (0 = struggling, 10 = consistently strong):

Lens	Social	Behavioural	Emotional	Physical	Technical
Score (0–10)					

Examples:

- Social connections: How supported and connected you feel at work e.g: Do you feel like your lead has your back?
- Behavioral patterns: The habits and workflows that shape your day e.g: Do you say yes to everything, or do you set/hold boundaries?
- Emotional Regulation: How you notice, name and steady emotions under pressure e.g: Can you name how you feel?
- Physical wellbeing: Your body's battery – sleep, movement, nutrition and recovery e.g: Is work creeping into your sleep?
- Technical skills: Your tools, systems and focus habits with tech. Do you silence notifications well focusing?

3) Setting your intention – Quick reflection

One word for how change feels today: _____

Intention: "This workshop is worth it if I _____."

4) Recognising Your Early Warning Signs (3–5 min)

Circle or add your top three early signals. These are your personal alert system.

Physical (body state, energy, environment):

e.g., tension headache, disrupted sleep, fatigue/restlessness, digestive changes, tight shoulders, low daylight.

1. _____
2. _____
3. _____

Emotional (feelings & self-talk):

e.g., irritability, overwhelm, low motivation, increased worry, "I'm failing" inner dialogue.

1. _____
2. _____
3. _____

Behavioural (actions & routines):

e.g., procrastinating, rushing tasks, skipping breaks, task switching, avoiding decisions.

1. _____
2. _____
3. _____

Social (connections & interactions):

e.g., withdrawing from chats/stand-ups, cancelling check-ins, not asking for help, over-agreeing, snappy replies.



1. _____
2. _____
3. _____

Technical (tools & digital load):

e.g., more errors, difficulty concentrating, missing deadlines, avoiding complex tasks, nonstop notifications.

1. _____
2. _____
3. _____

5) Regulate First, Then Decide — pick one 60–90s reset

- Exhale bias (in 3 / out 6 × 6)
- Orienting (feel feet, widen gaze, find 3 colours)
- Physiological sigh (2 inhales + 1 long exhale × 3)

Meeting line (after you regulate): "What's the one decision we actually need to make today?"

6) Navigate Your Week — Peak/Valley Map (5 min)

Label next week's days as Peak or Valley. Plan accordingly.

	Mon	Tue	Wed	Thu	Fri	Sat/Sun
Peak/Valley	_____	_____	_____	_____	_____	_____
Notes	_____	_____	_____	_____	_____	_____

Peak Day Pack: 3-item focus list; one boundary; capitalise on energy.

Valley Day Pack: 1 deep-work block; connect with a key stakeholder; kinder expectations.

6) Boundary Lines (2–3 min)

Write two you could say this week. Example: "I can do X today; Y by Friday—what's the priority?"

Boundary 1: _____

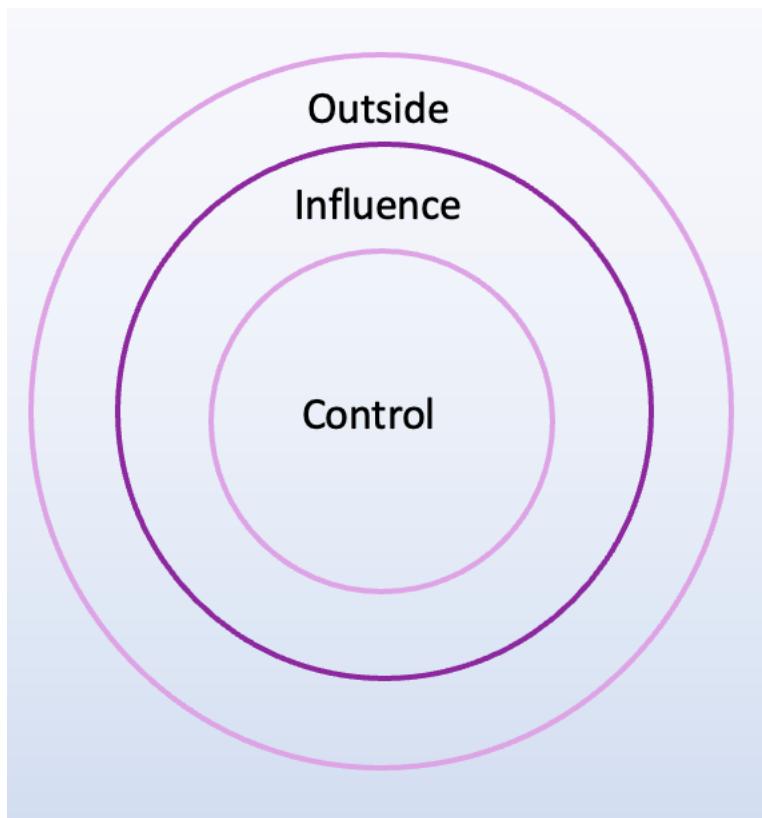
Boundary 2: _____

7) Understanding Types of Stressors (S/B/E/P/T) (5 min)

List your current stressors and tag each with lens/es (S/B/E/P/T).

Stressor	Lens (S/B/E/P/T)	Notes

8) Circles of Control — Place your stressors, then act (5–7 min)





Pick ONE item from Outside. Define a Control step you can take now using the 5-line pitch.

5-line Influence Pitch:

- Problem: _____
- Impact: _____
- Proposal: _____
- Trade-off: _____
- Ask (by when): _____

9) Minimum Viable Habits (MVHs) — Control First (4–6 min)

Formula (≤2 min, cue-anchored): After [cue I control], I will [tiny action], so I [benefit]. Worst-day (30s): _____.

MVH	Cue (Control)	Worst-day 30s

Project example: After I notice frustration while working, I'll stand, long exhale (in3/out6), pour half-cup of tea, and write the next micro-step on a Post-it — so I reset and regain clarity. Worst-day: one long exhale + write 1 next action.

10) From Reactive → Proactive — Write your scripts (5–7 min)

REGULATE: If-Then plan

If _____,
then I will _____ (60s),
then _____ (next MVH).

REFRAME: Proactive reframe



"This is tough. The next step I control is _____

REQUEST: Support Ask

I'll ask for _____

Support ask: "To deliver X by Y, I need Z."

11) Personal Resilience Plan (PRP) — Assemble (8–10 min)

Bring your best items onto one page:

- Signals & Triggers (top 3)
 - Resets & Boundaries
 - Control step & Influence pitch
 - Two MVHs + relapse plan
 - If-Then / Reframe / Ask
 - Support web (buddy/manager)
 - Body/Space/Digital tweaks
 - Values & one toward move

My three commitments (48 hours):

1) _____

2) _____

3) _____

Calendar a weekly 10-minute review: _____ (day/time). If Red two weeks, renegotiate scope or seek support (manager/GP/EAP).