

# 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:**

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## 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: \_\_\_\_\_

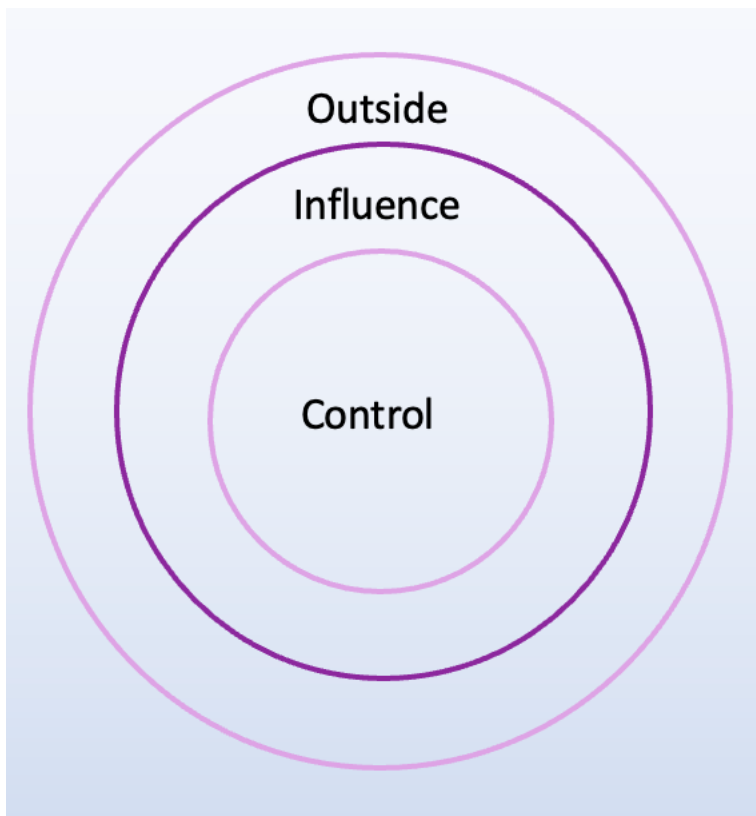
Boundary 2: \_\_\_\_\_

## 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 ( $\leq 2$  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).