

RESILIENCY Worksheet 2.0



Personal Resiliency Continuum

Use this worksheet after watching *Video 2: Resilient Mindsets and Behaviours* and/or as indicated in the *Resiliency Toolkit Part 3: Improving Resiliency*.

Remember that resiliency is not a binary concept. Organizations and people have behaviours and mindsets that may fall along the resiliency continuum. Less resilient mindsets and behaviours can be developed to be more resilient.

Our resiliency is also impacted by many factors including ones that are temporary or that feel out of our control.

Using the resiliency continuum diagram, map some of more resilient and less resilient mindsets and behaviors that you have.

Some things to think about:

- What gifts are you bringing to work?
- What are some of the challenges that you are encountering?
- What is one small thing you can do to help build resiliency (think of something that is reasonable and within your control and capacity right now)?

