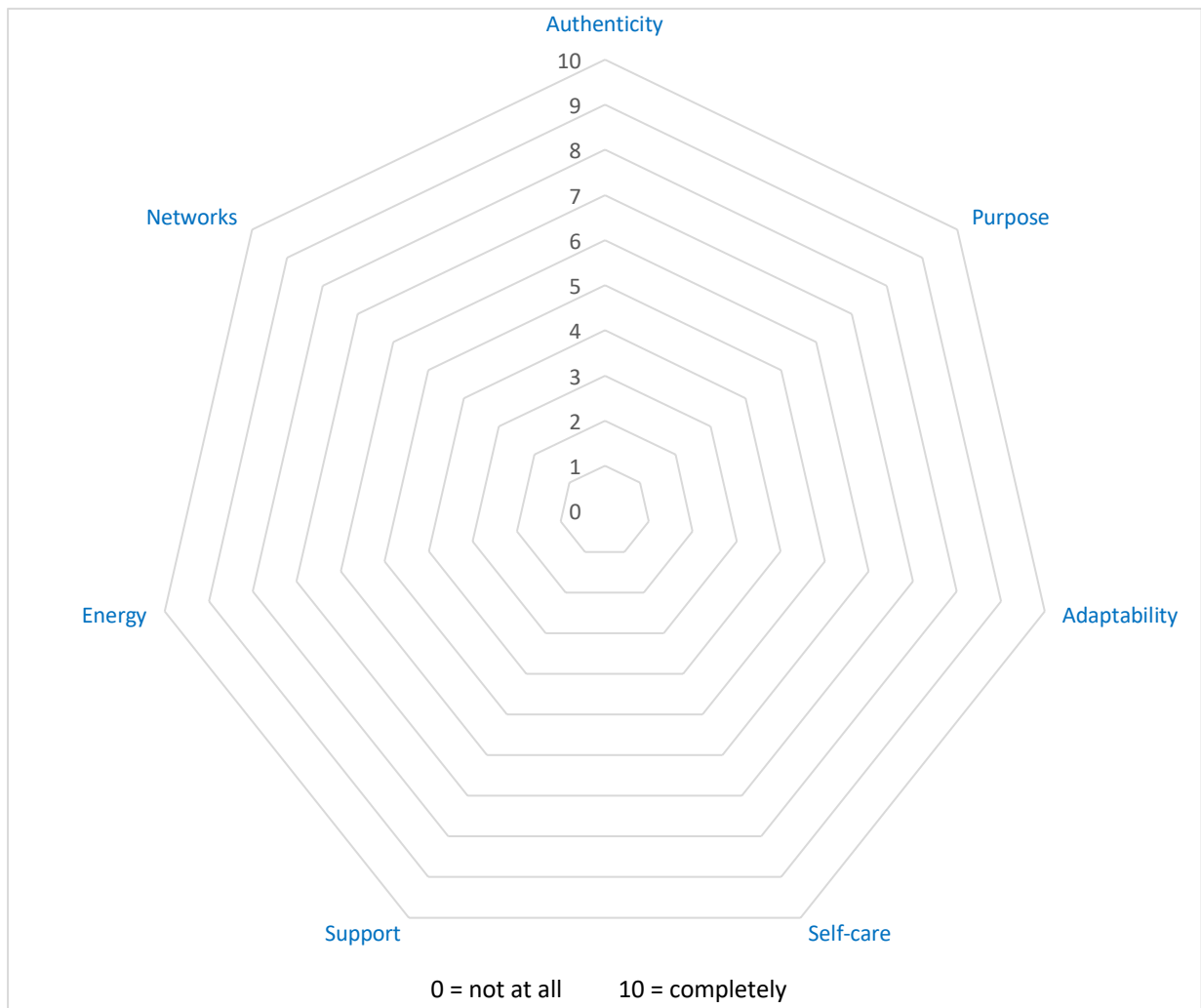


Personal Resilience

- **Authenticity** – your work matches your personal strengths & beliefs
- **Purpose** – you believe in what you do
- **Adaptability** – you maintain perspective & positivity
- **Self-care** – you have routines & outlets that sustain you
- **Support** – you promote mutual support & open communication
- **Energy** – you invest in your physical health
- **Networks** – you have the support network you need to live you life



STEP 1: Rate where you are currently on each axis, join the dots. What does this tell you?

STEP 2: Using a different colour, rate where you would prefer to be. Join those dots. How do the two compare?

STEP 3: Find someone with whom to share your diagram. Have a conversation that might enable positive shift