



# Bouncing Forward – Resiliency Training

## ACTIVITY STEPS

1. Pick an example of something that you feel stuck and is adversely affecting your emotional, mental, or physical health
  - A. Personal relationship
  - B. Professional relationship – boss, employee, peer you dislike who isn't meeting your expectations/disrespect, lack of integrity/trust
  - C. Spending more time with family – work/life balance
  - D. Unfulfilling job/Career path
  - E. Physical, mental, emotional health/energy level

Example: \_\_\_\_\_

## DYAD ACTIVITY QUESTIONS

1. List two things you can and can't control about that situation

Can control: \_\_\_\_\_

Can't control: \_\_\_\_\_

2. For the things you can't control, how do you know, challenge the other person to see if there are any flaws in their thinking that could be added to the things they can control list?

Can control: \_\_\_\_\_

3. What are the consequences if you maintain the status quo and don't take action to control the things you can?

Consequences: \_\_\_\_\_

4. Collaborate to prepare an action plan to create **incremental improvements** towards greater resiliency

A. \_\_\_\_\_

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- B. \_\_\_\_\_
- C. \_\_\_\_\_

5. Identify the Rewards/Benefits for taking steps to become more resilient in this situation. **\*Be specific and S.M.A.R.T**

Physical health - \_\_\_\_\_

Mental health - \_\_\_\_\_

Emotional health - \_\_\_\_\_

Happiness quotient - \_\_\_\_\_

Energy and Attitude - \_\_\_\_\_

6. What situational triggers or situations could adversely impact your energy, attitude, motivation, behavior?

\_\_\_\_\_

7. Choices Available to cope with the triggers from #6

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

8. What would it look like, from your own or other's perspective, to recognize you have become more resilient?

\_\_\_\_\_

\_\_\_\_\_

9. Accountability Partner(s) \_\_\_\_\_

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