



Personal Action Plan for Resilience

Workshop Theme: The Power of Connection

Motto: *We Move Mountains* — By Yanni®

Participant Name: _____ **Date:**

Step 1: Define Your Resilience Goal

What does resilience mean to you right now? Rebuilding after loss or trauma Strengthening emotional boundaries Finding peace in daily life Advocating for myself or others Other: _____

My personal goal for resilience:

Step 2: Identify Your Strengths

What inner tools do you already have? I speak up for myself I know how to ask for help I've survived hard things I bring joy or calm to others I create, write, or build things I have spiritual or cultural practices that ground me



My top 3 strengths:

- 1.
- 2.
- 3.

Step 3: Choose Your Support System

Who or what helps you stay grounded? A trusted friend or mentor A support group or community My faith or spiritual practice My creative outlet (writing, music, art) My therapist or counselor Nature, movement, or quiet time

I will lean on:

Step 4: Set 3 Action Steps

What choices will help you move toward your goal? Write or speak affirmations daily Attend a support group or workshop Create a safe space at home or work Practice saying “no” or setting boundaries Share my story with someone I trust Advocate for accessibility or justice

My 3 action steps:



- 1.
- 2.
- 3.

Step 5: Choose Your Daily Affirmation

Which words will guide you each day? “I rise, even when the ground shakes.”

“I am the author of my own peace and joy.”

“I am resilient, and challenges only refine my spirit.”

“I trust the process of my life and my timing.”

“I am worthy of love, respect, and joy.” Write your own:

Step 6: Commit to Your Plan

Signature: _____ (Optional: Share with a peer, mentor, or facilitator for support)