The Resilience Game

Player action planner

|  |  |
| --- | --- |
| Name |  |

V1.0

# Fact or fiction

| No | Fact | Fiction | Scribbles, insights and learning |
| --- | --- | --- | --- |
| 1 |  |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |
| 9 |  |  |
| 10 |  |  |
| 11 |  |  |
| 12 |  |  |

# Resilience builders

| Scribbles, insights and learning |
| --- |
|  |

# Resilience consultants

## Four people

|  |  |
| --- | --- |
| Who | Quality or attribute |
|  |  |
|  |  |
|  |  |
|  |  |

| Scribbles, insights and learning |
| --- |
|  |

# Support a colleague

| Scribbles insights and learning |
| --- |
|  |

# My action plan

| Actions to apply straight away |
| --- |
| Specifically, I’m going to . . . |
|  | Action | By when |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| The support I need is . . . |
| The biggest challenge to my success is . . . |
| I will overcome it by . . .  |
| I know that I will have been successful when . . . |
| I will reward myself with . . . |

End