



There are potential potholes around every corner. And guess what! Some days we hit one. We have a choice; we can let that pothole get the best of us and give up, or we can work to find a way through or around.

Resilience is about finding that way through or around. Below are a series of questions to provide a guide to help you maneuver that obstacle.

- 1) What is the vision of what you want/hope to achieve? Add some color to your vision picture. Give this vision some detail.

- 2) What will it feel like when you accomplish this vision?

- 3) What will it feel like if you *don't* accomplish this vision?

- 4) What is the pothole(s) you are running into? Now separate the data/facts from the feelings/assumptions. What are the facts of each challenge you face?

- 5) What have I tried in the past to overcome similar challenges?



6) How might your team or a tool help you?

7) Make a plan of action that includes deadlines. Your first step of action? Find an accountability support partner. Resilience is not a road that you have to go alone; having a friend to help push forward can make all the difference.

1. My accountability support partner: _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Before you get started implementing your plan, take a quick assessment of where you're at: where is the gauge on your metaphorical fuel tank? Are you running on fumes or are you feeling nearly full?

Empty _____	Half full _____	Full! _____
(I feel burnt out and completely incapable of making a change.)	(I've been running on this tank for awhile, but I could make a change if I absolutely <i>needed</i> to.)	(I have a schedule of fueling up often, and I am ready and energized to make a change.)

It is important to take the time to fuel up before you start to push forward. List some ways that help you refuel.

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

**BECAUSE THE WORLD NEEDS
YOUR GREATEST IMPACT**