

This template helps professionals identify personal well-being goals and develop a resilience plan tailored to their work environment. Feel free to use additional paper if more space is needed.

Identify Stressors

- Reflect on Common Workplace Stressors: List common stressors you face at work. Consider factors like workload, deadlines, team dynamics, and environmental conditions.
 - Example: Tight deadlines, lack of communication, overwhelming tasks.
- Rate Their Impact: Rate the impact of each stressor on a scale of 1 to 5.

Stressors (Impact Score 1-5)

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Set Well-Being Goals

- Define Personal and Professional Goals: Identify specific goals that promote balance and satisfaction in your work life. Consider areas like skill development, work-life balance, and relationship building.
 - Example: Improve time management skills, dedicate time for exercise, enhance communication with colleagues.

Goal:

- Action Steps:
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- Target Date:

Resilience Strategies

- List Strategies: Identify strategies that will help you build resilience. Consider techniques like mindfulness, restorative practices, or regular self-check-ins.
 - Example: Practice mindfulness meditation daily, take breaks during the workday, schedule regular check-ins with your supervisor.

Strategies:

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Action Steps

- Outline Practical Steps: For each strategy, outline specific steps you will take to implement it in your routine.
 - Example: For mindfulness, set a reminder to meditate for 5 minutes each morning before starting work.

Implementation Steps

- Strategy 1:
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- Strategy 2:
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- Strategy 3:
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- Strategy 4:
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