

RESILIENCE GOALS

WORKSHEET

EXAMPLE OF A COMPLETED RESILIENCE GOALS WORKSHEET FOR A
FICTIONAL INDIVIDUAL NAMED SARAH:

RESILIENCE GOALS WORKSHEET

NAME: SARAH THOMPSON | DATE: 20TH FEBRUARY 2024

1. IDENTIFY YOUR CHALLENGES

A. LIST CURRENT CAREER CHALLENGES:

- JOB UNCERTAINTY DUE TO COMPANY RESTRUCTURING.
- STRUGGLING WITH WORK-LIFE BALANCE.
- FEELING OVERWHELMED BY THE NEED TO UPSKILL FOR THE CHANGING INDUSTRY.

B. REFLECT ON EMOTIONAL RESPONSES

- FRUSTRATION, ANXIETY, AND A SENSE OF UNCERTAINTY.

2. DEFINE YOUR RESILIENCE GOALS

A. SHORT-TERM GOALS (NEXT 1-3 MONTHS):

GOAL 1: ESTABLISH A DAILY ROUTINE FOR WORK-LIFE BALANCE

ACTION STEPS:

1. CREATE A DAILY SCHEDULE WITH DESIGNATED WORK HOURS.
2. ALLOCATE SPECIFIC TIME FOR PERSONAL ACTIVITIES.
3. SET BOUNDARIES FOR WORK-RELATED TASKS OUTSIDE OF WORKING HOURS.

GOAL 2: RESEARCH AND ENROLL IN A RELEVANT UPSKILLING COURSE

ACTION STEPS:

1. RESEARCH INDUSTRY-RELEVANT COURSES.
2. CHOOSE A SUITABLE COURSE FOR UPSKILLING.
3. ENROLL IN THE SELECTED COURSE.



B. MEDIUM-TERM GOALS (NEXT 6 MONTHS)

GOAL 3: IMPROVE NETWORKING AND INDUSTRY CONNECTIONS

ACTION STEPS:

1. ATTEND INDUSTRY EVENTS AND WEBINARS.
2. CONNECT WITH PROFESSIONALS ON LINKEDIN.
3. SEEK INFORMATIONAL INTERVIEWS WITH INDUSTRY EXPERTS.

GOAL 4: ENHANCE TIME MANAGEMENT SKILLS

ACTION STEPS:

1. IDENTIFY TIME-WASTING ACTIVITIES.
2. IMPLEMENT TIME-BLOCKING TECHNIQUES.
3. EVALUATE AND ADJUST TIME MANAGEMENT STRATEGIES.

C. LONG-TERM GOALS (NEXT 1 YEAR AND BEYOND)

GOAL 5: EXPLORE ENTREPRENEURIAL OPPORTUNITIES

ACTION STEPS:

1. IDENTIFY POTENTIAL BUSINESS IDEAS.
2. CONDUCT MARKET RESEARCH.
3. DEVELOP A PRELIMINARY BUSINESS PLAN.

GOAL 6: ACHIEVE A POSITIVE MINDSET THROUGH REGULAR SELF-CARE

ACTION STEPS:

1. ESTABLISH A SELF-CARE ROUTINE.
2. PRIORITISE MENTAL AND PHYSICAL WELL-BEING.
3. INCORPORATE MINDFULNESS PRACTICES INTO DAILY LIFE.

3. ACTION PLAN

A. WEEKLY ACTION STEPS

WEEK 1:

TASKS:

- SET UP A DAILY SCHEDULE.
- RESEARCH UPSKILLING COURSES.
- ATTEND A VIRTUAL INDUSTRY EVENT.

WEEK 2:

TASKS:

- ENROLL IN THE SELECTED UPSKILLING COURSE.
- IMPLEMENT TIME-BLOCKING TECHNIQUES.
- CONNECT WITH THREE PROFESSIONALS ON LINKEDIN.

WEEK 3:

TASKS:

- ATTEND AN INFORMATIONAL INTERVIEW.
- EVALUATE AND ADJUST TIME MANAGEMENT STRATEGIES.
- CONDUCT MARKET RESEARCH FOR ENTREPRENEURIAL IDEAS.

B. TRACKING PROGRESS

WEEK 1 PROGRESS:

- ACHIEVEMENTS: ESTABLISHED A DAILY SCHEDULE, RESEARCHED COURSES.
- CHALLENGES FACED: DIFFICULTY IN STICKING TO THE SCHEDULE.
- ADJUSTMENTS NEEDED: SET CLEARER BOUNDARIES FOR WORK HOURS.

WEEK 2 PROGRESS:

- ACHIEVEMENTS: ENROLLED IN UPSKILLING COURSE, IMPLEMENTED TIME-BLOCKING.
- CHALLENGES FACED: OVERWHELMED WITH COURSE MATERIALS.
- ADJUSTMENTS NEEDED: CREATE A STUDY PLAN AND PRIORITISE KEY TOPICS.

WEEK 3 PROGRESS:

- ACHIEVEMENTS: ATTENDED AN INFORMATIONAL INTERVIEW, CONDUCTED MARKET RESEARCH.
- CHALLENGES FACED: NAVIGATING ENTREPRENEURSHIP CONCEPTS.
- ADJUSTMENTS NEEDED: SEEK MENTORSHIP FOR ENTREPRENEURIAL ENDEAVOURS.

4. REFLECTION AND ADAPTATION

A. REFLECT ON ACHIEVEMENTS:

- SARAH SUCCESSFULLY ESTABLISHED A DAILY ROUTINE, ENROLLED IN AN UPSKILLING COURSE, AND ACTIVELY ENGAGED IN NETWORKING.

B. ADAPT YOUR GOALS:

- RECOGNISING THE NEED FOR MENTORSHIP, SARAH DECIDED TO EXPLORE OPPORTUNITIES FOR GUIDANCE IN HER ENTREPRENEURIAL ENDEAVOURS.

THIS EXAMPLE DEMONSTRATES HOW THE RESILIENCE GOALS WORKSHEET CAN BE PERSONALISED TO AN INDIVIDUAL'S CHALLENGES AND GOALS, PROVIDING A CLEAR PLAN OF ACTION AND A STRUCTURED APPROACH TO BUILDING RESILIENCE.