

RESILIENCE GOALS

WORKSHEET

NAME: _____ DATE: _____

1. IDENTIFY YOUR CHALLENGES

A. LIST CURRENT CAREER CHALLENGES

- _____
- _____
- _____

**B. REFLECT ON EMOTIONAL RESPONSES
HOW DO THESE CHALLENGES MAKE YOU FEEL?**

- _____
- _____
- _____

2. DEFINE YOUR RESILIENCE GOALS

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

GOAL 1: _____

• ACTION STEPS:

1. _____
2. _____
3. _____

GOAL 2: _____

• ACTION STEPS:

1. _____
2. _____
3. _____



B. MEDIUM-TERM GOALS (NEXT 6 MONTHS)

GOAL 3: _____

- ACTION STEPS:

1. _____

2. _____

3. _____

GOAL 4: _____

- ACTION STEPS:

1. _____

2. _____

3. _____

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

GOAL 5: _____

- ACTION STEPS:

1. _____

2. _____

3. _____

GOAL 6: _____

- ACTION STEPS:

1. _____

2. _____

3. _____

3. ACTION PLAN

A. WEEKLY ACTION STEPS:

WEEK 1: _____

TASKS:

- _____
- _____
- _____

WEEK 2: _____

TASKS:

- _____
- _____
- _____

WEEK 3: _____

TASKS:

- _____
- _____
- _____

B. TRACKING PROGRESS:

WEEK 1 PROGRESS:

ACHIEVEMENTS: _____

CHALLENGES FACED: _____

ADJUSTMENTS NEEDED: _____

WEEK 2 PROGRESS:

ACHIEVEMENTS: _____

CHALLENGES FACED: _____

ADJUSTMENTS NEEDED: _____

WEEK 3 PROGRESS:

ACHIEVEMENTS: _____

CHALLENGES FACED: _____

ADJUSTMENTS NEEDED: _____

4. REFLECTION AND ADAPTATION

A. REFLECT ON ACHIEVEMENTS:

WHAT SUCCESSES HAVE YOU EXPERIENCED SO FAR?

- _____
- _____
- _____

B. ADAPT YOUR GOALS:

ARE THERE ANY CHANGES NEEDED TO YOUR GOALS OR ACTION PLAN?

- _____
- _____
- _____

THIS RESILIENCE GOALS WORKSHEET IS DESIGNED TO BE A VISUAL AND PRACTICAL TOOL TO GUIDE YOU IN SETTING, TRACKING, AND ADAPTING YOUR RESILIENCE GOALS. USE IT REGULARLY TO MONITOR YOUR PROGRESS AND ADJUST YOUR PLAN AS NEEDED.

REMEMBER, BUILDING RESILIENCE IS A JOURNEY, AND EACH STEP FORWARD IS A SIGNIFICANT ACHIEVEMENT. KEEP MOVING FORWARD, AND CELEBRATE YOUR SUCCESSES ALONG THE WAY!