

ACTIVITY SHEET #2

MY RESILIENCE ACTION PLAN

I want to make a change in my life! How do I start?

Start with reflecting on your current habits, is there just one thing that you could **START**, **STOP** or **CONTINUE**?

PUTTING THE START, STOP, CONTINUE IN ACTION

- Whatever one thing you choose, make it doable for yourself and specific.
- To help you remember and stick to your commitment write an email to yourself, put reminders in your calendar or tell someone what your commitment is. (This will help you stay accountable.)

USE THE “SMART” ACRONYM TO HELP SET GOALS

S **PECIFIC**
A specific goal has a much greater chance at succeeding, there is no indecision or confusion. Provide enough detail so that you know exactly what you’re doing. Remove as much vagueness from your statement as you can, this can help you “own” your new goal. An example can be “Walk 1000 steps a day” instead of “increase the amount I walk every day”.


M **EASURABLE**
Choose a goal with measurable outcomes, so that you can see the change as it occurs. A measurable goal can be a goal that can be assessed, for example on a sliding scale (1-10), or as a hit or miss, and success or failure. The example “Increase my physical activity by walking 1000 steps a day” can be used as a measurable goal since you are measuring your steps! The goal being measurable is important because it means you can observe the progress and not be discouraged!

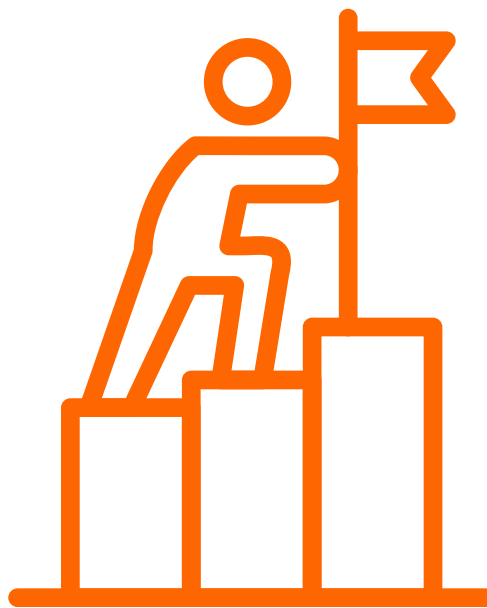
A **CHIEVABLE**
Achievable means that the goal is realistic given your current social, economic, cultural and time resources available. The goal should be a “stretch” but not impossible. For example, when referring to “1000 steps”, is it realistic? If it’s not impossible for you, then it is achievable!

R **EALISTIC**
Think small steps, you can’t run a marathon with no training. Start small and build up! This will bring smaller “celebrations” to your goal. It is about gradually increasing the intensity and further refining the goal. Using the 1000 steps example: How many steps do you normally take in a day? If it’s only 500, maybe aim for 600-700 instead. If it’s already over 1000, let’s say you currently walk 1500 steps a day, add a little more onto it (maybe 1600 steps a day!). The idea is to make the goal a challenge, but not to a point where you are discouraged!

T TIMEBOUND

Set a timeframe and stick to it! That is, when do you want to achieve this goal? Next week? Next month? Next year? Setting a time to achieve the goal by can give you a clear target to aim for. Remember that following up on our goals and measuring them to your current progress is crucial in achieving it, using a timeframe helps to push you to achieve the goal within good time!

 **REMEMBER: You are not striving for perfection with these habits. Life can be busy, and it is not easy to get the balance that works for you and to change any unhelpful habits. Your inspiration for developing helpful habits is knowing that when we are well rested, feel positive, confident and strong because we are eating well and exercising, we are more resilient!**



If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation's Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.