



WHAT IS RESILIENCE?

This module is one of eight skill-based modules designed to increase your resilience. Resilience is:

- The ability to adapt and recover after adversity or stress.
- Recovering from both major and minor stressors.
- Larger than just dealing with stress. Resilient people also have a strong sense of well-being and purpose.

Resilience is not:

- Only focused on trauma or adversity.
- Being happy.
- A skill some people just have. You can be resilient professionally but feel less resilient in your personal relationships. Or, you can go through times in your life where you feel less resilient than other periods.



HOW DO I SET VALUES-BASED GOALS?

Setting values-based goals helps you find opportunities to live your values. To set values-based goals:

- Define your values (what you stand for).
- Set a plan to live your values by charting your course. What will you do to live those values in the next 24 hours, two weeks, or three months?
- What is your plan for overcoming potential challenges?
- Revisit your plan as needed.

HOW CAN SETTING VALUES-BASED GOALS HELP ME BE MORE RESILIENT?

- Research has shown that intentionally living your values provides you with a sense of purpose and a feeling that life has meaning.
- Setting values-based goals gives you insight about yourself and enables you to consistently act on your values.
- Setting values-based goals can provide a boost of positive emotions and encourages an optimistic outlook. This, in turn, boosts your emotional resilience.

BEST VERSION OF YOU

Imagine your life in the future. Use the space below to document what the *Best Version of You* looks like in the future.



LIVE YOUR VALUES – CHART YOUR COURSE

What values are reflected in the description you wrote for the *Best Version of You*?

Set immediate, short-term, and long-term goals that are based on those values. Be specific.

Immediate: What will you do in the next 24 hours?

Short-Term: What will you do in the next two weeks?

Long-Term: What will you do in the next three months?

What obstacles may interfere with your goals? What strategies will you use to overcome them?

Obstacle	Strategy to Overcome

WHAT IS YOUR RESILIENCE ACTION PLAN (RAP)?

You are more likely to change your behavior if you commit to taking action now. Consider creating a RAP to help you become more resilient. Start now with actions you can take to set values-based goals. Based on what you learned today, document what you should start doing, stop doing, and continue doing.

START DOING	STOP DOING	CONTINUE DOING