

Your Resilience Action Plan

Purpose

What gets you out of bed every day to do this work?
What's it all for you? What keeps you in the arena?

Mindset

What mantras, quotes, or personal insights help you feel empowered, inspired, comforted, & optimistic? What mindset will keep you in a resilient state?

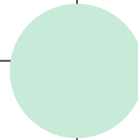
Your walk-up song: _____

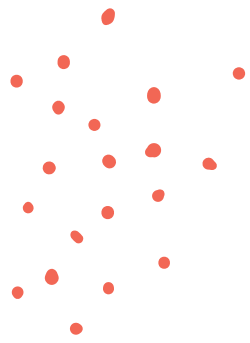
Community

Identify your support circle. Who can you reach out to?
Who do you lean on? Who will be candid AND caring?

Recharge

Identify your well-being practices. What practices can you put into place for your physical and mental well-being? What will you do to take a break?





More Way to Level Up

Culture
Community

Building Next Level Leaders

Live (& free!) monthly leadership training & connection events.



THE
PERK **Blog**

Everything you need to level up is right here.



HEY **LEADER**

Our thoughtfully curated monthly email series crafted with the intention to help you lead better.

