



Design Your Own *Resilience Blueprint*

Step 1: Your Personal Resilience Inventory

Before you move forward, take a look at where you are now in these 7 categories. Use the questions below to reflect honestly:

Competence:

- What are three strengths I currently rely on to face challenges?
- What skills or knowledge areas do I want to improve?

Confidence:

- What evidence do I have that I can overcome hard things?
- What's one way I can strengthen belief in myself this year?

Connection:

- Who are the people I trust and can call on in crisis?
- Where might I need to build or repair relationships?

Character:

- What values guide my decisions when things get hard?
- When have I chosen integrity, even when it was uncomfortable?

Contribution:

- What gives me a sense of meaning or purpose right now?
- Where or how am I adding value to others – at work or in life?

Coping:

- What are my current go-to coping strategies? Are they healthy?
- What new tools can I add to better manage stress or adversity?

Control:

- What can I truly influence in my life today?
- What do I need to let go of – for the sake of peace and progress?

Write down your responses. These will form the foundation of your personal profile and Blueprint for Resilience.

Step 2: Choose Your Focus Areas

Based on your self-inventory, choose **two or three areas** to prioritize. Don't try to "fix" everything – resilience grows through *focused, repeated action*.

Ask:

- Where do I feel weakest when things get hard?
- What small change could make a big impact?
- What feels both *challenging and doable* right now?

For example:

- If confidence is low → try setting small goals and celebrating completions.
- If coping feels shaky → explore mindfulness, therapy, or structured journaling.
- If contribution is unclear → find a way to give back meaningfully – even in small ways.

Choose progress, not perfection.

Step 3: Set a 30-Day Resilience Practice

Commit to one daily, weekly, or intentional habit that supports your growth in your focus area.

Examples:

- Daily: Write down one thing you did well that day (Confidence)
- Weekly: Reach out to a friend or colleague for connection (Connection)
- Weekly: Take a 20-minute walk without your phone (Coping + Control)
- Monthly: Review your goals and adjust based on progress (Competence + Control)
- As-needed: Use a grounding technique during high-stress moments (Coping)

Track your efforts in your monthly planner or phone calendar. Celebrate consistency more than perfection.

Step 4: Create Your Resilience Statement

Write a personal mission statement – something that captures who you want to be in the face of adversity.

Instead of “what doesn’t kill me will make me stronger,” create something more personal. Use “I” statements and positive language.

Make it honest. Make it yours.

Examples:

- “I show up for myself and others even when life is messy.”
- “I bend, but I don’t break. I learn, adapt, and keep going.”
- “I use challenges as opportunities to grow stronger and wiser.”
- “I protect my peace, pursue my purpose, and pause when I need to.”
- “I know my worth, I know my values, and I know how to bounce back.”
- “Like a butterfly, I am soft but strong. I survive, I transform and I fly.”
- “I am allowed to rest. My healing is not a race.”

This statement can be a grounding mantra when things feel uncertain.

Write it down here.

Print it. Post it. Speak it aloud when needed.

Step 5: Reflect. Rebuild. Repeat.

Resilience is not one decision. It's a cycle.

- *Something breaks.*
- *You respond.*
- *You learn.*
- *You rebuild.*

And then it happens again.

Each time, you become more aware of your tools. More practiced in your strengths. More centered in your values.

That's how you turn chaos into confidence.

That's how you turn setbacks into strategy.

That's how you turn adversity into alignment.

**Remember: Resilience is more than just a personality trait.
Resilience is a skill you can use to turn Chaos into Career Success!**

“Resilience: Turning Chaos Into Career Success”

By Janna Hudson

