

## Resilience Action Planning Invest to Lead 5

The following sheet is your personal action plan concerning your work and life. Based on your learning from the morning's session, reflection and self-diagnostics aim to identify 3 points of action that will improve/increase your resilience for the future. Aim to identify the impact that each action will have.

### Work Based Resilience

Action	Impact
•	➤
•	➤
•	➤

### Life Based Resilience

Action	Impact
•	➤
•	➤
•	➤