**Building a resilience recipe**

There will be times when you need great resilience This tool will help you understand and build your personal resilience recipe, for when you need it most. This tool allows you to focus specifically on how to cope through a significant challenge or setback.

**1. What’s your baseline?**

Everyone has resilience. There’s no mystery to it. It’s more of a skill than a quality.

Note down times when you have needed to be, and were, resilient in the past.

Times I was resilient:

2. How did you cope with those challenges and setbacks

Physical Energy: How important was looking after yourself physically?

Support: How important was the support from others?

Confidence: How important was it to fully believe in yourself and your abilities?

Psychological toolbox: What psychological skills did you use to cope? (Positive thinking, staying focused, pre performance routine)

3. Building your recipe

Now you are starting to understand what you need to have in place for your resilience recipe. Imagine a future situation where it’s pretty tough and you’re being seriously tested. Based on your answers above what are the top three pieces of advice to yourself to think and do.

The 3 most important pieces of advice to myself to be resilient:

4. Putting everything into action

What are you going to do to start putting this resilience recipe into place?

When are you going to start?

How often will you be doing them?