

Building Your Personal Resilience Strategy

Building Resilience resources

What is in my treasure chest?

What else can I put in?

How do I keep the resources in good condition?

Strengthening Resilience factors

Which factors will I reinforce or use more effectively?

Which colour energies will I draw upon?

21 day plan

What will I do?

When/how often?

With whom?

What success measures?

Which colour energies?
