7Cs Rapid Resilience Reset Worksheet

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| Situation: |  | Date: |  |

* Use this worksheet when you need a quick shift into a more resilient state.
* First briefly describe the situation (in the space above). Then use this resilience worksheet to shift into a more resilience mindset and define a summary action plan at the end.
* You don’t need to answer all the questions. Pick a question or two that you resonate with and start in.
* You’ll likely notice a positive shift in your attitude after reflecting on just a few questions. From there you can choose to answer more to boost your resilience even more (especially if working through a particularly difficult challenge).
* Take action on one small totally achievable step right away. This last getting-started step is crucial for shifting your state.

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| **Resilience Reflections** | **Resilience Responses** |
| Calm   * What can I do that helps me to calm down, reduce my panic or upset, and think more clearly?   When I am feeling frustrated, upset, or anxious, what is my go-to method for getting back to a more resourceful, positive state? |  |
| Compassion   * What wise and kind thing would I say to my best friend in this situation?   How might I be more kind to myself here? |  |
| Challenge   * How can I be my better self in this situation? * What would it look like for me to rise to or embrace this challenge? * What is the hidden gift or opportunity here? (Tip: think of three gifts or opportunities, now and future.)   What’s good or beneficial about this problem? |  |
| Capability   * What might I learn from this situation? * What could I learn to better deal with this situation? How might I learn that? * How might this make me bigger-better-stronger?   How might I apply my core strengths and talents in this situation? |  |
| Control   * What do I have control over in this situation? * What direct actions can I take here? * What’s one small thing that I can do to get started? * What or whom might I be able to influence to help with this situation?   What do I NOT have control over in this situation? What do I need to let go? |  |
| Connection   * To whom might I reach out for support? * Who are my helpers and allies?   What can I do to support others in this situation? |  |
| Commitment   * What is my bigger-than-self goal in this situation? * What is my higher, more noble commitment here? * How might I act so I can look back on this with pride? * How might I act here in a way that aligns with my strongest, most positive valuesPeopleFirm LLC © 2017PeopleFirm LLC © 2017http://www.markmallett.com/blog/wp-images/Eye_of_the_Hurricane.jpgThe Seven C’s   of Resilience and Adaptability   http://www.markmallett.com/blog/wp-images/Eye_of_the_Hurricane.jpgThe Seven C’s   of Resilience and Adaptability   ?   How might I “take the high road” in this situation? |  |
| Summary Action Plan   * What is one small totally achievable thing that I can do right now to positively address this situation? * What are 2-3 things I can do near term to address this situation for a positive resolution? * What do I NOT have control over in this situation that I need to drop or let go for now? |  |