

RESILIENCE | THE PERSPECTIVE LINE

HIGH PERSPECTIVE LOW

	MOST IMPORTANT		MODERATELY IMPORTANT		LEAST IMPORTANT
1.		1.		1.	
2.		2.		2.	
3.		3.		3.	
4.		4.		4.	
5.		5.		5.	

AWARENESS - Is this useful for me right now? | **ADJUSTMENT** - How can I adjust in order to bounce back?

HIGH RESILIENCE LOW

Resilience levels: WHAT LEVEL OF RESILIENCE DO I NEED TO 'BOUNCE BACK'?

What have I bounced back from in my life?

1.		2.		3.	
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