

MY RESILIENCE & WELLBEING PLAN

DATE:

ACCOUNTABILITY BUDDY

1. Pick the cards that you feel are most relevant to you. Include:
2-3 x **CONNECT** cards to give others to return to you when they think you need them.
1 x **PROTOTYPE YOUR BODY** card to put into place for 30 days.
Your favourite **TIPS FOR TURBULENCE** cards to refer to when you know things might get a little rough.
1 x (or more) **COOL DOWN** cards for when might lose your cool.

Any **DAMN GOOD DECISIONS** or **YOUR NEXT MOVE** cards that are helpful to you right now. Remember the **DECISION** cards are there to steer you when decisions arise.

2. Lay the cards out on this page.
3. Make any **when, who** or **how** notes around the sides to help you make it happen. Include **who** you will enlist to help keep you accountable. This is your **WELLBEING PLAN**. Simple as that!

4. Take a photo. You might want to print a copy for the front of your notebook or send it to your accountability buddy.
5. Revisit and redo this often. What you need in your plan may change depending on how you're feeling and the challenges you are facing.

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