

Monday

Establish goals

Think about some goals you may want to set yourself. What steps can you take to achieve them and what support might you need?

My action:

Tuesday

Practice optimism

Develop a positive mantra to use to change the way you currently think and feel this week.

My action:

Wednesday

Feel inspired by others' successes

Ask a colleague who you look up to for advice in an area you're keen to develop.

My action:

Weekly resilience planner

Being resilient doesn't mean tolerating unhealthy environments or treatment, instead it's the ability to recover from setbacks, adapt to change and still enjoy life despite our challenges. We can develop a resilient mindset through small, consistent action and this in turn can have a positive impact on our wellbeing. This planner outlines seven characteristics of resilience. There's guidance on what you could do each day and space for you to write how you will take action to nurture your self-confidence and make positive changes to the way you respond to challenging situations.

Thursday

Know your strengths and have confidence in them

Write down three of your strengths.

My action:

Friday

View feedback as constructive

Ask a colleague that you trust for one thing you could develop on.

My action:

Saturday

Prioritise yourself

Make time to do something you enjoy today.

My action:

Sunday

Connect with others

Write down how you could make meaningful connection with a friend, a family member and a colleague during the next week.

My action: