

Your Resilience Bank

The 5-Pot Resilience Bank Tool

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There are many models to help recognise and build your resilience.
We developed 'The 5 Pot Resilience Bank' Tool which may help you too.

It may be helpful to think of your resilience as a bank account, where you can make deposits and then use what's 'in your bank' when you need it.
When considering your sources of resilience, you may like to consider 5 specific areas or 'pots' within which you can build your resilience wealth.

Taking stock of where you are now with the 5 pots, and by scoring yourself from 1-5 in each area (with 5 being a high score) may highlight which areas may need a bit of a boost.

The 5-Pots are:

1- Your Wellbeing Pot

Your Wellbeing Pot is filled when exercising your mind and body and can be thought of in terms of happiness, contentment, connectedness, purpose and the quality of the life you lead.

2- Your Confidence Pot

We all have days when we're more confident than others but the good news is that Confidence is down to you. This pot is about how confident you're feeling. It may help to keep a record of confident times from your past (perhaps a note on your phone) or physical items on your desk that trigger confident memories. Recording how confident you're feeling now and then accessing these resources may help.

3- Your Support Pot

Your Support network can come from home, from work (having a great team, mentor, or friend at work) and from other areas of your life.

4- Your Traits Pot

Recognising, investing in and keeping a record of your traits, your strengths and your personal values can be a source of resilience. How you're putting those in to action and leveraging them to the full, can be a good area to score and focus on.

5- Your Process Pot

How you 'learn from experience' (LFE), how much time you set aside to reflect, to journal, to access your lived experience - to record Your Story. Even completing this Resilience Bank exercise regularly, is part of investing in your 'Process' pot.

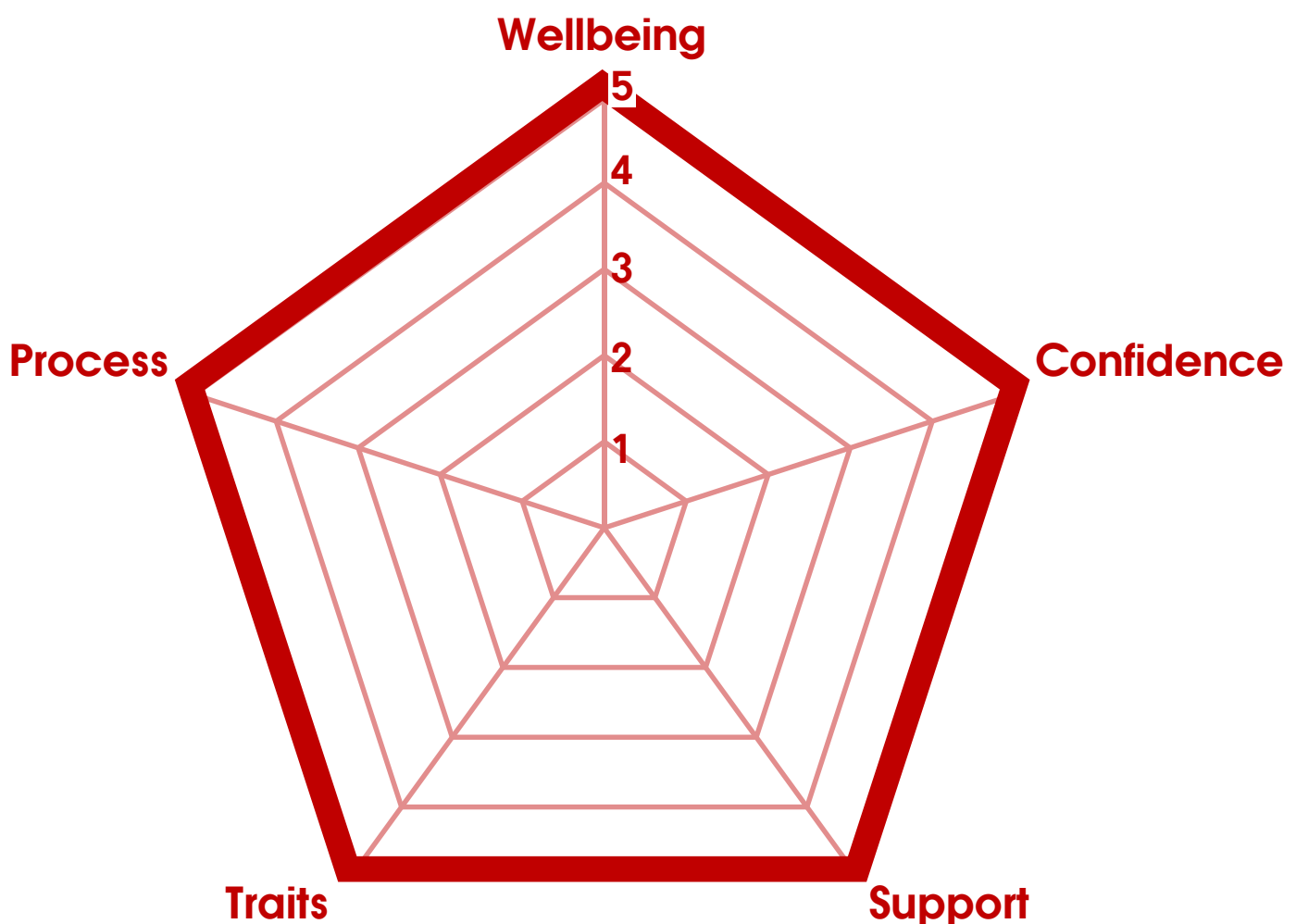
Use this diagram to draw a 'Radar Plot' of your Resilience Bank.

Score each area (or 'Pot') of your bank (the 5 corners of the Pentagon) from 1 to 5, (with 5 being the high score).

Alternatively, you may just like to score each area out of 5 in a list format.

Taking stock of your Resilience Bank on a regular basis can be a reminder of your resilience and a trigger in considering which areas to invest-in, or focus-on, over the next few days, weeks or months.

However, sometimes just knowing what these 5 Pots of Resilience are, without attributing scores, can be a big help too.



Now, what's your plan for each?
... see the next page for help ...

Now, what's your plan for each?

Consider your 5-Pots of Resilience in your Resilience Bank and list:

- what you already have in each area ... " I have ... "
- what you could do in each area ... " I could ... "
- given what you could do, what will you do (and if possible in what order and by when) ... " I will ... "

Pot	I have ...	I could ...	I will ...
1 - Wellbeing			
2 - Confidence			
3 - Support			
4 - Traits			
5 - Process			

If you have any questions, you can reach us on:
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