



Resiliency Action Plan Template

1. Spiritual

Long-Term Goals: *What are your long-term spiritual goals?*

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Short-Term Goals / Routines (SMART- George T. Doran): *Based on your long-term goals, what short-term goals or routines would you like to set?*

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Potential Challenges: *What do you see as possible challenges to your goals?*

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Support System: *Other than your peer coach and Life Coach, who else could you share this with that would provide additional support?*

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2. Emotional

Long-Term Goals: *What are your long-term emotional goals?*

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Short-Term Goals / Routines (SMART): *Based on your long-term goals, what short-term goals or routines would you like to set?*

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Potential Challenges: *What do you see as possible challenges to your goals?*

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Support System: *Other than your peer coach and Life Coach, who else could you share this with that would provide additional support?*

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3. Physical

Long-Term Goals: *What are your long-term physical goals?*

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Short-Term Goals / Routines (SMART): *Based on your long-term goals, what short-term goals or routines would you like to set?*

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Potential Challenges: *What do you see as possible challenges to your goals?*

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Support System: *Other than your peer coach and Life Coach, who else could you share this with that could provide additional support?*

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4. Schedule / Time Management

Long-Term Goals: *What are your long-term goals related to time and schedule management?*

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Short-Term Goals / Routines (SMART): *Based on your long-term goals, what short-term goals or routines would you like to set?*

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Potential Challenges: *What do you see as possible challenges to your goals?*

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Support System: *Other than your peer coach and Life Coach, who else could you share this with that would provide additional support?*

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SMART	Specific	Measurable	Attainable	Relatable	Time-bound
Spiritual:					
Physical:					
Emotional:					

Quadrant Action Plans Summary

Use this section to consolidate and clearly define the actions you plan to take in each area. Determine what measurable data will show that you have achieved your goals.

Spiritual Action Plan

- **Measurable Goal:**
- **Steps to Achieve It:**

- **Timeline:**
- **Support System:**

Emotional Action Plan

- **Measurable Goal:**
- **Steps to Achieve It:**

- **Timeline:**
- **Support System:**

Physical Action Plan

- **Measurable Goal:**
- **Steps to Achieve It:**

- **Timeline:**
- **Support System:**

Rational/Intellectual (Time Management) Action Plan

- **Measurable Goal:**
- **Steps to Achieve It:**

- **Timeline:**
- **Support System:**