

THE BATTERY TEST

- Resilience Worksheet -

[-] Things that drain my battery are...	[+] Things that charge my battery are...

What signs might I notice to indicate my battery levels are getting low?

What are my go-to battery top-ups (i.e., Selfcare)?

What are my resilience and wellbeing words, phrases and reminders?

Positive Affirmation Ideas: Resilience & Wellbeing Phrases and Reminder

Approachable	Calm & Level-headed	Able to cope with challenges
Confident	Strong & Unbreakable	Learning to address challenge
Reliable	Determined & driven	Able to not take things personally
Being a role model	Sound judgement	Seek help from friends & family
Goal Setting	Persistent	Work & Personal Life Balance
Self-aware	Learning Resilience	Emotional & Physical Health Balance
Realistic expectations	Positive Thinking	Using Personal Techniques
Capable	Personal Responsibility	Healthy Support Networks
Self-management	Look to the future	Knowing about & accessing support
Ready to move on	Having Plan	A journey to be taken day by day
In Stages: Step-by-Step	Optimistic	Sympathetic & understanding
Not being isolated	Reflective diary	Becoming more self-motivated
Tough	Sense of Identity	Affected by circumstances