



RESILIENCE BUILDER

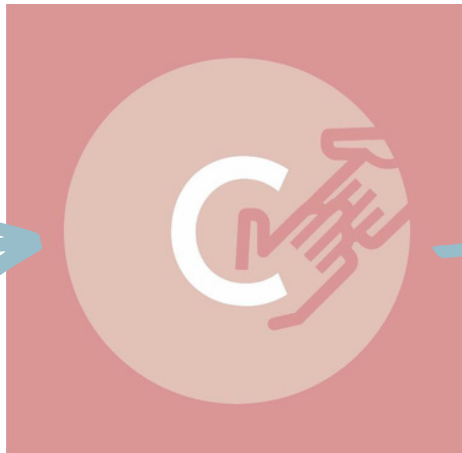
A - ALL OF ME MATTERS

Resilience Builder

The CALM model sets out the four dimensions which are key to a calmer, happier and healthier life. Using the CALM model can help you build greater resilience for 1% CALMer.

RATE YOUR RESILIENCE OUT OF 10 (10 BEING HIGH, 0 BEING LOW)

Write down a challenge you are currently facing



Write down what you need to help you feel better about facing that challenge.
Who and what can help you?



What are you afraid of as a result of this challenge?
How would you feel and what would you do differently if I told you that wasn't true?



What do you think the challenge is letting you know about yourself?
How can that be helpful to you?



Imagine your child or a loved one is facing this challenge.
What advice would you give them?

RATE YOUR RESILIENCE OUT OF 10 (10 BEING HIGH, 0 BEING LOW)