

Personal Resilience Plan Worksheet

For Independent and Green Party Councillors

Resilience is a practice, not a trait. Use this page to capture the habits, boundaries, and supports that will sustain you in the role.

1. My Resilience Anchors

What keeps me grounded, steady, and connected to my purpose.

2. My Purpose and Values

Why I stood and what guides my decisions.

I stood because

My community needs me to

The one thing I will not compromise on is

3. My Boundaries

Where I need clearer limits to protect my energy and effectiveness.

Where I need stronger boundaries

One boundary I will communicate more clearly

How I will hold this boundary in practice

4. My Support Network

The relationships that help me stay steady and supported.

Officers I trust

Councillor allies

External networks

Where the biggest gap is

One relationship I will strengthen

5. Managing Cognitive Load

The systems and habits that help me work sustainably.

Tools I will use and how I will apply them

6. Weekly Sustainability Habits

Small actions that keep me well and effective.

7. My Thirty Day Commitment

One practical change I will make in the next thirty days.

My commitment

Why it matters

How I will keep it on track

8. Final Reflection

One thing I am taking forward from today