

STRATEGY #1: SELF-ASSESSMENT AND IMPLEMENTATION PLAN

- Using the downloadable form, start by making a list of some important relationships in your family, work and social life.
- On a 1-10 scale, put a number beside each name in terms of where you estimate your Emotional Bank Account balance to be currently.
- Identify specific opportunities to repair relationships or make new “deposits.”
- Remember, you need to make several “deposits” to make up for one “withdrawal”.

Do it! Track and revise your progress chart over time, and it may soon become a valued positive resiliency habit.

STRATEGY #1: SELF-ASSESSMENT AND IMPLEMENTATION PLAN

- Start by making a list of several important relationships in your family, work and social life.
- On a 1-10 scale, put a number beside each name in terms of where you estimate your Emotional Bank Account balance to be currently.
- Identify specific opportunities to repair relationships or make new “deposits.”
- Remember, you need to make several “deposits” to make up for one “withdrawal.”

Name	Current Balance 1 = bad 10 = great	Opportunities for deposits	“X” done
e.g. John S.	4	Ask him to lunch; offer to cover a shift for him; remember his b-day	