

My Resilience & Wellbeing Plan

1. Choose 12 cards that resonate with you and lay them on this template.
2. Make any when, who or how notes around the sides to help you make it happen. Include who you will enlist to help keep you accountable. This is your **Wellbeing Plan**. Simple as that!
3. Take a photo. You might want to print a copy for the front of your notebook or send it to your accountability buddy.
4. Revisit and redo this often. What you need in your plan may change depending on how you're feeling and the challenges you are facing.

Date:

Accountability Buddy:

To find out more, visit hummingly.co
