

## Strengthening Resilience Plan

I want my children to have a better childhood than I did. I am strong and can start making changes today.

Here's what I'm going to work on:

Change can be hard. I will need help to stay strong. Here are some people and places that I can count on for help.

These are some people I can count on:

I can turn to these resources for help:

Some people may try to hold me back.

Here is how I am going to stay on track if that happens:

When things get tough, here's what I'm going to do to stay strong:

When I do well and make progress, here is how I'm going to celebrate with my family:

Today, here's how I'm feeling about making this change.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
It's too hard. I won't be able to do it.	It's going to be hard, but I can try.	I'm feeling like something good can happen.	I'm feeling strong and think I can do it.	No question. I can do it.

My professional and I will work together on this plan. I am strong and my professional will point out when I'm being strong, help me through times when things get tough, and find next steps to make this plan work.

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Signature of Parent/Date

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Signature of Professional/Date