

Personal Resiliency Resources Action Plan

Instructions: Select up to three resiliency resources that you want to improve and develop a personal action plan.

| Resiliency Resource | Resiliency Resource SMART Goal (with a date and cost) | Action Plan | Done |
|---|---|--|------|
| SAMPLE- Adequate emergency fund | Save three months expenses (\$7,500) within 18 months | Save \$96 per week for the next 18 months (7,500 ÷ 78 weeks) | ✓ |
| Adequate emergency fund | | | |
| Low-interest HELOC or other low-cost source of money | | | |
| Consumer debt-to-income ratio less than 15% | | | |
| Long-term disability insurance policy | | | |
| Adequate health insurance coverage | | | |
| Current job skills and credentials | | | |
| Current estate planning documents | | | |
| Regular saving and/or investment account deposits | | | |
| Life insurance coverage for self and/or dependents | | | |
| Tax-deferred retirement savings plan | | | |
| Five close friends or family members | | | |
| Awareness of community human service resources | | | |
| Regular physical exams and screening tests | | | |
| Information search skills (online or at a library) | | | |
| Positive and optimistic outlook on life | | | |
| Personal organization and multi-tasking skills | | | |
| Focus and determination to get things done | | | |
| Good current health status and following health expert advice | | | |
| Good stress management skills to handle unexpected events | | | |
| Ability to read and write and understand health/finance terms | | | |