**Template: Action Planning for Job Maintenance**

1. Pick a job that interests you or you have applied to.
2. Think about what a typical day would look like in this role. What kind of tasks would you complete throughout the day?
3. Next, list any/all potential challenges you may experience while completing each task.
4. Finally, think about any/all resources, coping tools, management strategies and accommodations that could be used to support you in these situations.

**Job Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Time** | **Task** | **Potential Challenge** | **Potential Solutions** |
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**Remember the concept of resiliency.** This list cannot protect you from facing challenges; rather, it allows you to draw on how you can take control of stressful situations. Without going through challenges and reflecting on our resources/options, we would not have resiliency.