**Template: Action Planning for Job Maintenance**

**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.