

Reed Bendstrong's Resilience Action Plan

Resilience Goals

1. **Improve Sleep Quality:** I will sleep at least 8 hours a night, from 11 PM to 7 AM, for the next month.
2. **Regular Exercise:** I will jog for at least 20 minutes, four times a week, for the next month.
3. **Regular Prayer:** I will engage in 10 minutes of prayer every day for the next month.

Triggers and Challenges

- **Work Overload:** Overtime work might affect my sleep and exercise routine.
- **Social Events:** Dinner parties or social gatherings can interfere with my sleep schedule.

Map Actions to Goals

1. **Improve Sleep Quality:**
 - *Positive Action:* Stick to a bedtime routine, which includes reading for 20 minutes before sleep.
 - *Things to Avoid:* No caffeine or electronics after 9 p.m.
2. **Regular Exercise:**
 - *Positive Action:* Use my jogging shoes and listen to my "Jogging Playlist" on Spotify.
 - *Things to Avoid:* Sitting for extended periods without short walks or stretches.
3. **Prayer Practice:**
 - *Positive Action:* Use an app to guide my prayers.
 - *Things to Avoid:* A noisy environment.

Assign Support Roles

- **Sleep:** My roommate will ensure that we both retire for the day by 11 p.m.
- **Exercise:** My best friend Sarah will be my jogging partner.
- **Prayer:** My brother, who prays regularly, will be my accountability partner.

Timeline:

- Weekly check-in every Sunday to track progress on sleep, exercise, and prayer.

Contingencies

- **Work Overload:** If I have to work late, I will do a 10-minute home workout session.
- **Social Events:** I will limit my participation to once a week and will ensure to be home by 11 p.m.

Reflection

- **Feelings about the Plan:** I feel optimistic and a bit anxious, but I believe this plan will improve my resilience and overall well-being.
- **Challenges and Ease:** The most challenging part was identifying triggers and challenges while setting the goals was the easiest.
- **Commitment Level:** I am highly committed to implementing this plan. I have shared it with my accountability partners, and they are supportive.