



Resilience Planning Worksheet for Extension Community Development Professionals

This worksheet is designed to support Cooperative Extension personnel in maintaining personal and professional resilience while engaging in complex, community-centered work. Use it as a reflective tool to assess your current strategies and identify areas for growth.

1. Self-Awareness

Objective: Enhance your understanding of how your internal state influences your work and decision-making.

What patterns have you noticed in your emotional responses to recent community challenges?

How do your values align with your current role or projects?

What feedback have you received recently that has impacted your self-perception?

2. Daily Resilience Practices

Objective: Identify and reinforce daily habits that sustain your energy and focus.

Which of the following practices do you regularly engage in? (Select all that apply)

- Reflective journaling
- Physical activity or movement
- Mindfulness, prayer, or meditation
- Peer check-ins or debriefs
- Time in nature
- Time with people you care about
- Rest and sleep
- Other:

What practice would you like to integrate more consistently into your routine?

3. Support System

Objective: Strengthen your network of professional and personal support.

Who are your key sources of support (e.g., mentors, colleagues, community leaders)?

How do you currently engage with your support system?

- Regularly scheduled check-ins
- Informal conversations
- Crisis-based outreach
- Minimal engagement

What is one step you can take to deepen these connections?

4. Boundaries & Balance

Objective: Establish and maintain boundaries that protect your well-being and effectiveness.

What boundaries have you set to manage your workload and emotional labor?

Where do you notice boundary challenges (e.g., overcommitment, blurred roles)?

What strategies can you implement to restore balance?

5. Recovery Plan

Objective: Prepare for and respond to periods of stress, burnout, or crisis.

What are your early warning signs of burnout or fatigue?

What recovery strategies have been effective for you in the past?

What is one action you can take this week to support your recovery or prevent burnout?

6. Resilience Goals

Objective: Set intentional goals to build long-term resilience in your practice.

What does resilience mean in the context of your community development work?

What is one short-term resilience goal (1–3 months) you want to pursue?

What is one long-term resilience goal (6–12 months) that aligns with your professional vision?