

The 3 C's of Hardiness

Planning for: *Control, Commitment and Challenge*

Control	Commitment	Challenge
Our ability to think, feel and act as if we are influential rather than powerless:	Our ability to have a sense of purpose that allows us to find meaning at home and at work:	Our ability to see change and adversity as an opportunity to grow and learn:
<p>Where do you feel in control?</p> <p>Where do you feel out of control?</p> <p>What can you tell yourself that will give you a better sense of control?</p> <p>What are 2 things you can do today to gain better control for yourself?</p>	<p>What values are most important to you?</p> <p>Home:</p> <p>Work:</p> <p>How do you demonstrate these commitments?</p> <p>How can you strengthen your commitments to these values?</p>	<p>What are the biggest challenges you are facing today?</p> <p>Do you see these as?</p> <ul style="list-style-type: none"><input type="radio"/> Insurmountable<input type="radio"/> Doable <p>What is a single action you can take that will help you better understand and manage this difficulty?</p> <p>What will you learn by taking on these challenges?</p>

Signature: _____ Date: _____