

# Planning Sheet



The following questions serve as a guide for reviewing the results of the MFRI and for considering potential actions for moving forward.

What are your strengths related to Mental Fitness and Resiliency practices? What are your highest outcomes within the Comprehensive and Embedded Practices zones?

Consider the results of each subscale and list two Mental Fitness or Resiliency practice areas that would benefit from further development.

1	2

Examine the comments and suggestions made by members of your workplace. Which suggestions could be carried out using your workplace strengths related to Mental Fitness and Resiliency practices?

Which suggestions would be helpful for enhancing Mental Fitness and Resiliency practices in your workplace?

What accessible resources could be used to enhance the implementation of Mental Fitness and Resiliency practices?

### **Action Plan**

Identify three action steps and when they will be completed.

1.

2.

3.