CHECKLIST · RELATIONSHIP

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Building Resilience Together



Developing resilience as a team strengthens your relationship and prepares you for challenges. Use this checklist to cultivate shared resilience.

10 steps | Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 **Identify Challenges as a Team**

Discuss current struggles and brainstorm solutions together.

EXAMPLE *"We're both stressed about finances; let's create a plan to budget better."*

2 **Set Shared Goals for Growth**

Define short-term and long-term goals that promote resilience.

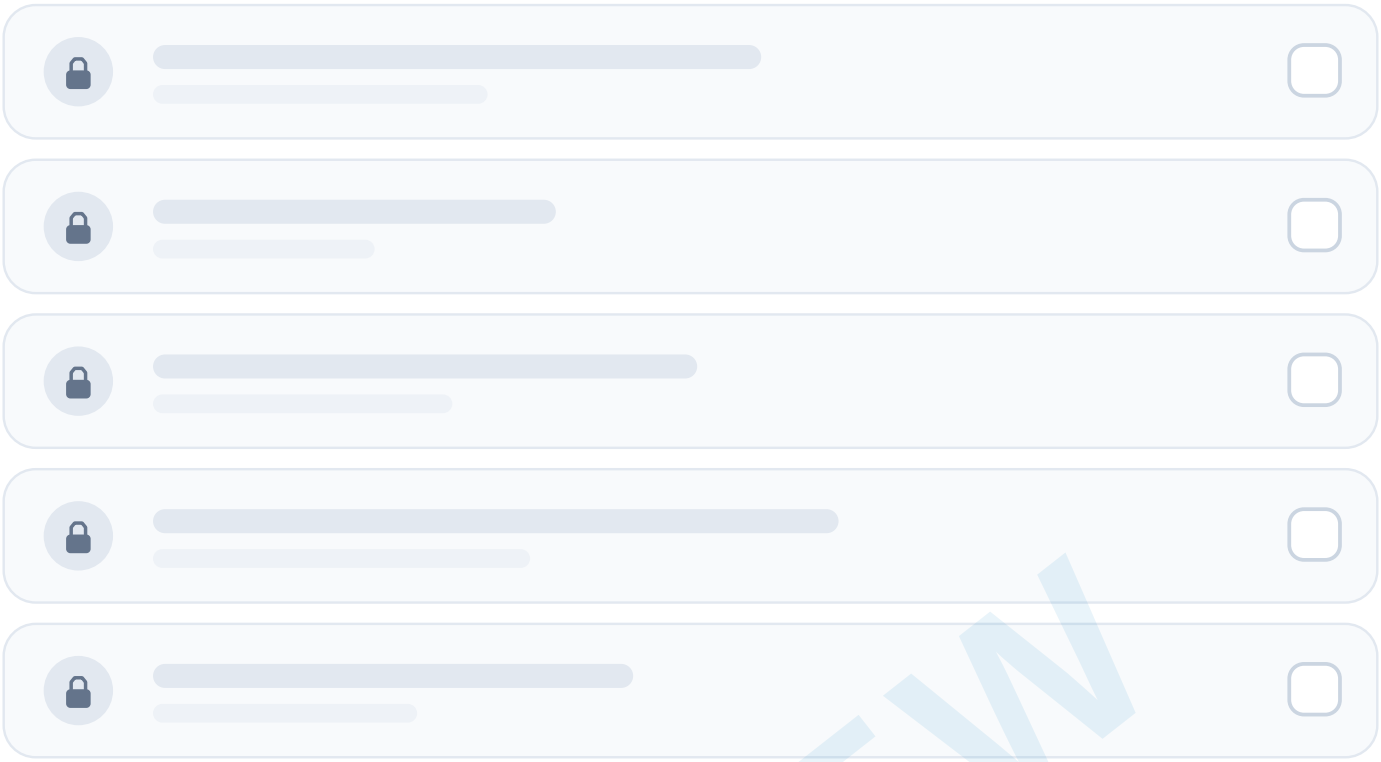
TIP *Write down specific steps to track progress, like saving $200 each month.*

3 **Create a Safe Space for Emotional Expression**

Encourage sharing feelings without judgment or criticism.

TIP *Use active listening techniques to ensure each person feels heard.*

PREVIEW



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