



5: THE POWER OF COPING

Your Action Plan for Emotional Resilience and Competitive Advantage

Action Planner

Reflect and Prepare

Name: _____

What Is Coping?

Coping is the ability to manage stress, challenge, and emotional weight in a healthy, forward-moving way. It's how you stay in motion when life gets hard and it's part of your personal competitive advantage.

Why This Matters to Me

Why is coping an important skill for your lifestyle, your responsibilities, and your goals?

How I Currently Cope

What's working: _____

What's not helping: _____

What I want to try instead: _____

Belief Shift

Circle or write a belief to guide your growth:

"Coping is strength, not weakness."

"I can't control everything, but I can control my response."

"My ability to manage stress builds my advantage."

"Even hard moments have teachable value."

Other: _____



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Coping Plan + Practice

Name: _____

My 28-Day Coping Focus

What new or improved coping habit will you practice for the next 28 days?

When will you use it? _____ Where or in what situation? _____

How will you track it?

☐ Habit log ☐ Reflection journal ☐ Peer support ☐ App

Restart Plan

When stress overwhelms me (and it will), I will:

☐ Use my "circuit breaker" strategy

☐ Ask for help or support

☐ Pause and reframe

☐ Use my anchor phrase: " _____ "

Weekly Reflection Prompts

1. What stressor did I handle well this week?

2. What coping strategy helped most?

3. Where did I struggle and what could help next time?

4. How did I grow in strength or awareness?

28-Day Coping Tracker

Coping focus habit: _____

Week 1 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 1 go? Circle one word:

☒ Grounded ☒ Overwhelmed ☒ Hopeful
☒ Numb ☒ Balanced ☒ Focused

Week 3 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 3 go? Circle one word:

☒ Grounded ☒ Overwhelmed ☒ Hopeful
☒ Numb ☒ Balanced ☒ Focused

Week 2 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 2 go? Circle one word:

☒ Grounded ☒ Overwhelmed ☒ Hopeful
☒ Numb ☒ Balanced ☒ Focused

Week 4 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 4 go? Circle one word:

☒ Grounded ☒ Overwhelmed ☒ Hopeful
☒ Numb ☒ Balanced ☒ Focused