
RUN TOWARD THE BALL

A Monday Morning Action Plan

You already named your football. This page is about what happens next. Resilience is not pretending the last fall did not hurt. It is deciding that yesterday does not get to make every decision about tomorrow.

1. What is the next thing you can do?

Not the whole solution. What is one action that moves you toward the ball?

2. What might make you hesitate?

Name the fear, memory, excuse, or uncertainty that could keep you from taking that step.

3. What will you do when that hesitation shows up?

Decide now how you will respond instead of waiting until the moment comes.

4. Who can walk beside you?

Write down one person you can call, ask, or invite in. Resilience does not require doing everything alone.

5. Monday Morning

Finish the sentence: When Monday comes, I will...

You do not have to know how it ends.

You just have to run toward the ball.

Saturday Morning Leadership • Charlie Brown — Resilience
Companion worksheet for SaturdayMorningLeadership.com

