Guidance Notes
The Resilience Pig has been designed to support you and consider the way in which you approach aspects of your life. The following are tips and things to consider rather than a set of instructions.

1. Identify a desired goal
Think about a house ‘kitty’ for basics eg tea, coffee and milk. Talk about cost and a weekly fund. Each person would contribute equally and you can write items onto the pig.

2. Brainstorm a personal problem
List all possible solutions regardless of realism - be creative. Prioritise in your discussion listings pros and cons. Once identified write the final aspects onto the pig. Work towards achieving each solution. Decorate each segment once you reach a solution.

3. Create an Action Plan
Construct a written plan in order of execution. Include times, review dates. Separate complex or obstructive tasks for another pig. Write tasks onto the pig. Decorate each segment once you reach a solution.