



## IGNITE: Building A Scalable Foundation: Resilience Action Plan

### Introduction:

Strengthen your business resilience with the Resilience Action Plan, inspired by IGNITE: Building a Scalable Foundation. Identify stressors, develop coping strategies, and schedule check-ins to thrive. Download at <https://phillipmatthew.com/ignite/resources/> and track in Google Docs, Sheets, or paper.

### Instructions:

- Complete Fields: Fill each section to address stressors, strategies, and check-ins. Review weekly.
- Track Progress: Use Google Forms, Sheets, Docs, Notion, or paper (see User Guide at <https://phillipmatthew.com/ignite/resources/>).
- Review with Mentor: Book a call with Phil at <https://phillipmatthew.com/book-a-call/> to refine trend strategies.

Key Stressor	Coping Strategy	Weekly Check-In Schedule	Progress Notes	Mentor Feedback

Example: Staff turnover, Implement BambooHR for HR processes, Weekly check-in (Monday, 8 AM), Reduced turnover by 10%, Book weekly call with Phil.