Resilience Orbit™ - Quick Start Guide

Purpose

Resilience Orbit™ is a cyclical, measurable process for ensuring your technology ecosystem remains in a constant state of readiness—capable of withstanding, adapting to, and thriving through disruption. Unlike one-off 'resilience tests,' this framework embeds resilience as a product, running on a continuous operational cadence.

1. Understand the Core Philosophy

• Continuous, Not Episodic – Resilience is maintained through ongoing cycles, not annual exercises.

• Measurable Outcomes – Each cycle produces quantifiable results (availability %, MTTR, automation coverage, failover readiness).

• Integrated Into Delivery – Resilience activities run alongside product releases without slowing innovation.

2. The Four Phases of Resilience Orbit

Anticipate – Identify likely and extreme volatility scenarios before they occur. Run AI-driven volatility simulations (traffic surges, hardware failures, vendor outages, cyberattacks). Update risk registers and dependency maps. Prioritize scenarios with the highest business impact.

Fortify – Strengthen systems and processes to address anticipated weaknesses. Implement automation upgrades for failover, scaling, and recovery. Patch security gaps and tighten configurations. Build chaos test scripts aligned to anticipated scenarios.

Challenge – Test resilience under controlled but realistic stress. Conduct chaos experiments in production-like environments (or production with safeguards). Validate failover processes, load balancing, and recovery times. Measure response times and team coordination under pressure.

Prove –
Validate and communicate the system's readiness to stakeholders. Compile results into a Resilience Scorecard (availability %, MTTR, failover success rate). Share findings with

executives, product teams, and customers. Feed learnings into the next Anticipate phase—closing the loop.

3. The 21-Day Cadence (Suggested)

Day 1–3: Anticipate – Run simulations, update risk profiles, refresh dependency maps.
Day 4–9: Fortify – Implement automation, apply fixes, harden configs, prep chaos tests.
Day 10–15: Challenge – Run chaos tests, simulate outages, collect recovery metrics. Day 16–18: Prove – Compile scorecards, brief leadership, log learnings.
Day 19–21: Reset – Plan next-cycle actions, backlog work items, schedule owners. Note:

The cadence can be customized, but shorter cycles sustain higher readiness and faster learning loops.

4. Metrics to Track

• Availability (%) – Uptime over the cycle.

• MTTR – Average time to restore service after a failure.

• Automation Coverage (%) – Portion of failover/recovery steps fully automated.

• Chaos Test Pass Rate – % of tests that met or exceeded resilience targets.

5. Getting Started in 7 Steps

1. Assign a Resilience Owner.

2. Baseline Your Metrics.

3. Pick Initial Scenarios.

4. Run Your First Anticipate Phase.

5. Implement Quick Wins in Fortify.

6. Run Controlled Chaos Tests.

7. Publish Your First Scorecard.

6. Tips for Success

• Keep It Visible – Display scorecards.

• Don't Wait for Perfection – Start small, iterate.

• Integrate With Agile – Add resilience improvements to the sprint backlog.

• Involve All Teams – Dev, Ops, Security, and Business must collaborate.

Next Steps

Download the Resilience Orbit™ Scorecard Template.

Schedule your first Anticipate session.

Commit to at least three cycles before evaluating impact.