

RESILIENCE

*BUILDING IT, MAINTAINING &
TAPPING INTO IT*



In today's fast paced world **resilience** has become one of the most important components in leading a balanced life.

RESILIENCE

BUT

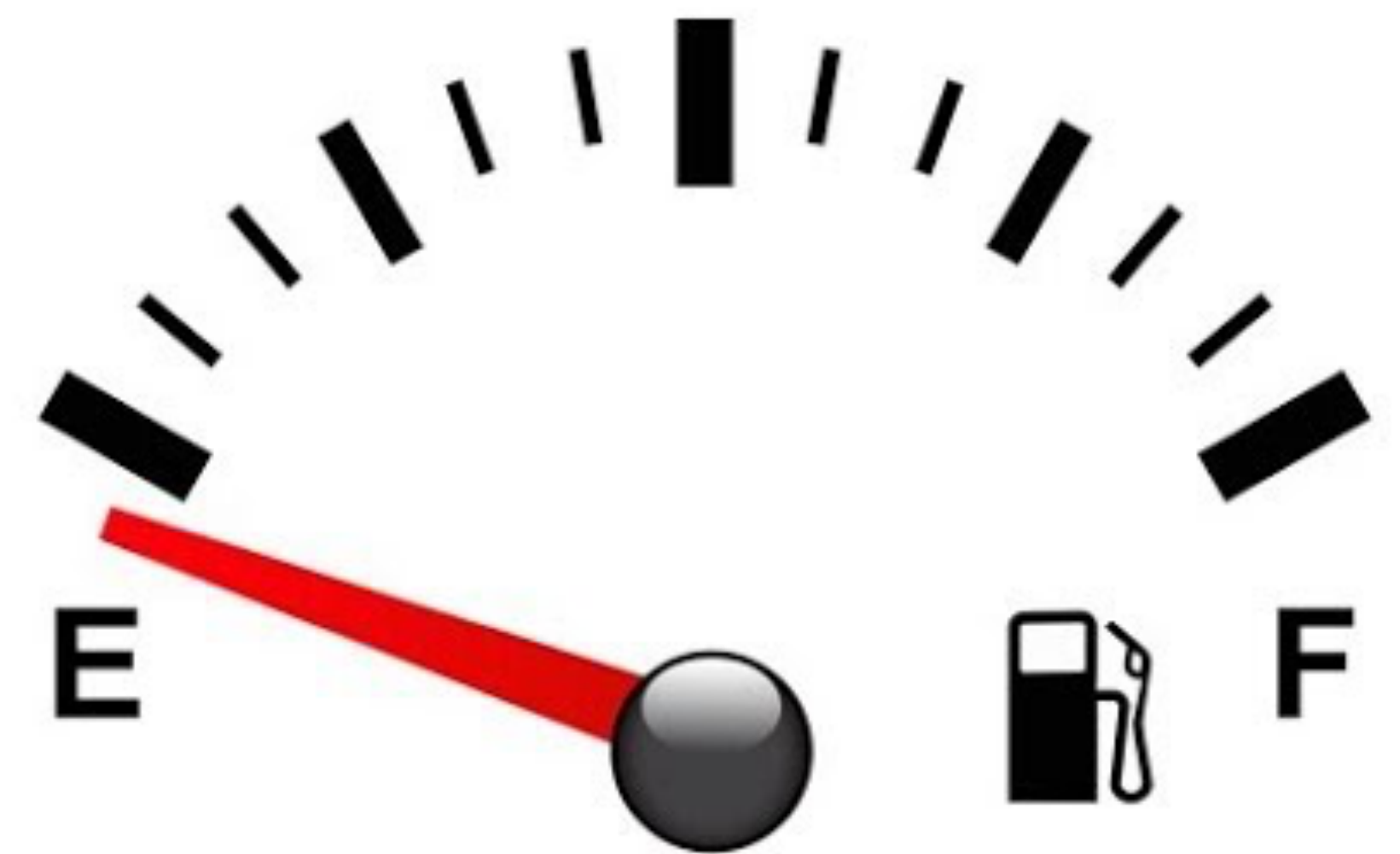
Teaching you how to be more resilient might be a great disservice because we might be showing you how to pack an already overcooked schedule with even more to do...

So fair warning...

Maybe you don't need more resilience.

Maybe you just need to stop red-lining as if the current pace was:

- normal
- sustainable
- healthy



Wise Words From Seth Godin

There will be weather tomorrow.

There always is.

The song you're listening to will end, a surprising news story is going to change the status quo and you'll get feedback you didn't expect.

It's easy to imagine that things are going to calm down, that there's a neutral position coming up, and that it's all going to go back to normal.

But the swirl is normal.

It's always been this way.

Changing.

There is no 'ever after'.

There's just the chaos of now.

The 9 Components Of Resilience

Change
Thinking

Master
Emotions

Break It
Down

Go
Within

Build
Relationships

Pray Meditate
Mindfulness

Embrace
Change

Self
Talk

Reframe
Often

Change Your Thinking

**“We cannot solve our
problems with the same
level of thinking that
created them.”**

- Albert Einstein



You must already know that EQ is one of the top 3 personal skills for life.

BUT

Have you made a study of it?

Influencing others feelings.

Recognising others emotions.

Adjusting those feelings.

Recognising your own emotions.

Break It Down

When we have too many balls in the air we get “stuck” by the need to keep them aloft.

Our focus becomes more and more devoted to keeping them all going - exhausting our capacity to find a new strategy.

The person who has no time for upgrading and updating will soon enough become a dinosaur.

Therefore, a personal (and professional) ‘software upgrade’ that requires a system shut down will never take place.

Break It Down

When it comes to productivity we have to learn to sprint, rest, sprint, rest, sprint, rest...

We also need to:

1. Master emotional compartmentalising so that we stop one event effecting another.
2. Figure out how to block out the world for short periods so that we can create critical pieces of our work,
3. Learn to FOCUS on a task so that we can complete it,
4. **Stop multitasking...**

Go Within

When you go here

Seems real,
pressing,
urgent

Anger
Sadness
Fear
Shame
Guilt
Stress
Anxiety

You leave here

The
Real
You

Joy
Peace
Love

PRACTICE

Pray
Nature
Meditate
Forrest
Mindfulness
Walk
Yoga
Water

Build Relationships

You are the mirror in which I see myself.
If I want to know me and improve me I need to 'see' me.

The most important conclusion from mega data regarding longevity is that the single most important factor in living to an old age (and keeping all your marbles in one bag) is to have a **large number of relationships that are warm, uplifting and soul nurturing.**

Pray, Meditate, Mindfulness

Most stressed people look for relief.

Relief is **NOT** regenerative.

We must find the activities that replenish,
that inspire, that connect us to our source...

Refresh

Renew

Revitalise

Do you have a hobby?

Exercise

Reorganise	What do you need to re-organise so that you stress less?
Rethink	What areas of your life do you need to rethink ?
Reduce	How can you reduce your list of responsibilities?
Relax	What options can you employ to relax more?
Release	What do you need to let go of? <i>(forgive, get over...)</i>
Recognise...	...that it's all bullshit.

Embrace Change

There is only one constant in the universe, yet we resist it as if our lives depended on **NOT shifting** our perception - when in fact the opposite is true.

The future will be owned by those with a high **adaptability** score.

IQ

EQ

AQ

Clean Up Your Self Talk

The average adult has between 40,000 and 60,000 thought streams in a day.

If they are predominantly negative ...
who is your worst enemy?

Reframe Often

To “reframe” a situation, event or action we need to deliberately confer a different or greater meaning on it.

Few of us realise that we spend 90% of each day NOT reframing

Assignments

1	Select the 2 or 3 out of the nine components of Resilience that you most need to work on.
2	Devise a plan for implementing these 2 or 3 components into your day to day life.
3	Set up an accountability partner to help you track progress.