

## The Resilience Edge®: Resource File



### Confidence

The more confident you are, the more likely you are to deal with challenges effectively and to take bold steps to overcome roadblocks that threaten to throw you off course. Building your confidence will encourage you to thrive and move closer to achieving the goals that are important to you. There are three facets that create confidence:

#### Self-belief

- Believing in your own ability to execute a task or activity effectively

#### Control

- Believing you have control over tasks and the outcomes associated with these activities

#### Strengths

- Understanding and utilizing your unique talents and strengths

## Creating Confidence Exercise

Take some time to consider your top five natural strengths. Ask others if you need help identifying these. If you need some help with this, you can always watch the Giving and Receiving Feedback course. Next, reflect on where you used your strengths to deal with challenges or to improve your performance or ability to tackle a task.

How could you use your strengths more?

Top five natural strengths:	How my strengths helped me to deal with challenges or improve performance:
Ways I can use my natural strengths more:	

You may find your confidence levels change over time, depending on your circumstances and how you're feeling emotionally. The key is to remember you always have the ability to build your confidence. It may take conscious effort and practice, but it's in your hands.

## Adaptability

Thinking and behaving flexibly gives you an advantage when it comes to dealing with challenges. Understanding you can't always change the scenario you find yourself in, but you can change your response and how you feel about the situation will encourage you to cope with challenges effectively, reduce stress levels, and enhance performance—even in tough situations. Three factors make up the adaptability Resilience Edge® pillar:

### Flexible thinking

- Practicing psychological flexibility and adapting how you think in order to reach the outcome you want to achieve

### Adaptable behavior

- Changing your behavior to respond appropriately to different scenarios in order to get the most out of the situation

### Review and refine

- Creating a continuous improvement mentality, focusing on advancing your practical skills, and honing your mindset to improve future performance

### Applying Adaptability Exercise

Take some time to consider where you've recently adapted your behavior in different situations and where you haven't—but would have benefited from doing so.

Once you've done this, ask a select group of people for feedback on how adaptable they think your behavior is—you want to find out where you've adapted to a situation well, and where you could do this better. When it comes to understanding how your behavior comes across to others, it's essential that you ask people you trust for their opinion, as you won't always have an objective view of your behavior.

Consider other areas you'd like to get feedback on in the future.

People I'll ask for feedback:	Why they'll be able to provide an interesting insight:
Feedback received:	

## Positivity

In order to move forward, you need an objective understanding of where you are now, so the key is to be realistically optimistic. Even if you're not a naturally positive or optimistic person, there are ways of enhancing your optimism levels, enabling you to take steps towards improving your performance and happiness in all areas of your life.

### Avoiding traps

- Choosing to respond to events in a positive manner, and challenging thoughts that don't help you to achieve the best from a situation

### Realistic optimism

- Applying a realistic and optimistic approach, objectively identifying the cause and effect factors in situations

### Steer energy

- Understanding how and why you use your energy, and choosing to direct your energy in a way that helps you to enhance your performance

### Practicing Positivity Exercise

When you face challenges or you feel like you've made a mistake, try to avoid permanent statements such as "always" and "never," and replace this with "sometimes" and "on this occasion."

For example, change "I always get that wrong" to "I got that wrong on this occasion," and "I never have any luck" to "today I had no luck."

Jot down examples of where you've managed to do this.

Original statement:	Changed to:

## Perspective

Developing the ability to see situations from alternative points of view will enable you to be objective and respond to situations in a way that creates a favorable outcome. The power of perspective will encourage you to be open to new ideas, boost your creativity, and view challenges as part of normal life.

### Challenge thoughts

- Understanding how you think and process information, and reframing negative events to create learning opportunities

### Detect root cause

- Identifying the root cause that leads you to think and behave in a certain way, and managing this to create the best outcome for you

### Acceptance

- Accepting what you can and cannot change in a situation, and using this information to choose where you focus your attention

### Play with Perspective Exercise

Commit to keeping a gratitude diary for a week. Research suggests this habit helps to highlight positive events and minimize focus on negative experiences over the long term. The key is committing to creating a gratitude habit, and the simple way to do this is to set a time each day (perhaps the end of the day, or by sharing gratitude lists with the family when enjoying a meal together), and state three things you're grateful for in the day.

These can be simple things such as enjoying a coffee from your favorite coffee shop, or more significant events such as receiving positive news about a health test. The next step is to turn this into a longer-term habit by continuing the practice.

<b>Monday</b>	<b>Tuesday</b>
Three things I'm grateful for:	Three things I'm grateful for:
<b>Wednesday</b>	<b>Thursday</b>
Three things I'm grateful for:	Three things I'm grateful for:
<b>Friday</b>	<b>Saturday</b>
Three things I'm grateful for:	Three things I'm grateful for:
<b>Sunday</b>	<b>Reflections on the week</b>
Three things I'm grateful for:	

## Mastery

Honing your skills and mastering your mindset will help you to take control of how you think and behave, improve your performance and reaching your potential. As you become an expert at mastery, you'll feel in control and you'll cope effectively in difficult circumstances.

### Mindset

- Creating a growth mindset to help you feel capable of enhancing your abilities and overcoming obstacles

### Goals

- Defining and working toward goals that encourage you to hone your skills and enhance your performance

### Flow

- Taking part in activities that stretch and challenge you and are achievable if you work with concentrated focus

### Maximizing Mastery Exercise

Get clear on your goals. Write down all the goals you want to achieve at some point—huge or small. Highlight your top 10 goals. Then highlight the top three that are important to you right now.

Next, write a plan of how you will achieve these goals, when you'll do this by, and how you'll measure success.

Goals:
Plan and success measures for top three goals:

## Stamina

Increasing your stamina will enable you to build the momentum required to “bounce forward” when you hit a roadblock. Understanding and accepting you will get knocked off course along your journey and that your stamina is the key to keeping you moving will help you to achieve more, even when you face obstacles.

### Strategy

- Defining and creating your own strategy that helps you to enhance and maintain your resilience

### Support

- Utilizing a support network that will help you to thrive, achieve more, and learn from challenging situations

### Structure

- Creating a structure around you that enhances your ability to face challenges and improve your performance

### Strengthening Stamina Exercise

Take some time to map out your support structure. Think about who you rely on for support and how that person helps you. Then consider the areas of life where you would benefit from more support. Once you're clear on where you need more support, you can seek out people to help with that—maybe a coach, mentor, or support group.

Who I rely on for support:	How these people support me:
Areas where I could do with more support:	