



RESILIENCE, FOCUS & OVERCOMING OBSTACLES

Secret Skills Of The High Achievers

RESILIENCE

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress.

Bouncing Back

*Studies show that the **primary factor** in resilience is having caring and supportive relationships within and outside the family.*

Relationships that create **love** and **trust**, provide **role models** and offer encouragement and **reassurance** help bolster a person's resilience.

Several Factors Are Associated With Resilience:

- The capacity to make plans and carry them out.
- A positive view & confidence in your strengths & abilities.
- Skills in communication and problem solving.
- The capacity to manage strong feelings and impulses.

STRATEGIES FOR BUILDING RESILIENCE

Stay Flexible

Exercise Self Care

Ask For The Lesson

Nurture Positive View Of Self

Take Decisive Actions

Accept Change

Stay Goal Orientated

Make Problems 'Small'

COPING WITH DIFFICULT SITUATIONS

Manage Stress

Genuine stress management requires a pro-active approach. Waiting until the stress is overwhelming means that we must become masters at the miracle recovery.

Get Funny

We wait to be triggered by our surroundings. Look for what's amusing. Watch comedy. Tell jokes. Be amusing. Have fun.

Meditate

Without a doubt the single most important skill anyone could ever learn.

Meditation will work every time but it's tragic that we return to it in times of need instead of building a core of inner peacefulness that is the centre of our existence.

Reach Out

We needlessly suffer alone assuming that no-one would care or that they would be 'put out' by our requests for an understanding shoulder to lean on.

Find A Mentor

Without the guidance of someone without a vested interest - we have no real place to vent our frustrations, talk out our doubts and get wise council. Left to our own devices, we have no one to argue with.

BUILDING RESILIENCE

Become An Action Taker

Of all the skills that will increase resilience **NOTHING** beats becoming a person of prompt action. The mental fatigue associated with procrastination and protracted decision making will cause loss faith in self, followed by an inability to trust oneself to make basic 'big calls'.

Find Your Purpose

There is no doubt about the relationship between resilience and a strong sense of purpose. Whilst it is normal for 'purpose' to develop/change/morph over the years, it is also easy to get lost in the day to day urgencies of life that drag us into the small picture (today) creating tiredness, fatigue, exasperation and desperation.

BUILDING RESILIENCE

Go After Your Goals

Closely related to FOCUS, staying tuned in to your personal priorities helps you realise that you don't need to sweat the **small** things - AND that every thing is a small thing compared to your what and why you are headed in the direction that you are.

Seek Knowledge

If we fail to ask “*what have you come to teach me?*” we are destined to repeat our lessons until we finally ‘get’ them. If you just can't figure it out - perhaps it's time to talk to your coach and gain the wisdom of another perspective.
If only there was a mechanism for that.....

BUILDING RESILIENCE

Nourish Creativity

Staring at a blank canvas and uttering words of despair before trundling off to declaring you haven't got a creative bone in your body is hardly the recipe for a breakthrough. Take up singing, dancing, painting, drawing, sculpting, pottery - or the lot.

Learn To 'Reframe'

Perhaps the greatest act of NON CREATIVITY is to accept things as they are and move on. Reframing is the ability to 'see' the facts in a way that changes the outcome, the focus, the result, the appropriate action to take... by 180 degrees. Reframing is an act of will - unparalleled in our skill set.

BUILDING RESILIENCE

Get Fit

The refusal to involve oneself in some kind of activity that results in 'mild' stress in the form of heavy breathing and sweating is not just the decision to die earlier than necessary - it's also a vote for a painful, restricted & limited existence while awaiting that death.

Practice Forgiveness

Holding onto resentment, bitterness & judgement requires stupendous amounts of energy and poisons our systems with self created toxic chemicals. Forgiveness is an act of '**grace**' - which is to extend mercy when it hasn't been earned.

BUILDING RESILIENCE

Focus On What You Can Control

Energy wasted on trying to control that which is out of the sphere of our influence may be the definition of insanity.

Fear based worrying about what “may” happen - burns prodigious numbers of calories in an unfruitful attempt to prevent what is only being imagined in the first place.

Yes - it's true that we may be taken out by an asteroid hurtling towards.

Yes - it's true that the world economy may collapse next week.

Yes - it's true that someone may be saying awful things about you.

BUT... you won't be able to do anything until these things actually move into your sphere of influence.



FOCUS

The Hidden Driver of Excellence





Your focus is
your reality.

Yoda

FOCUS

Staying **focused** is the ability to stay tuned in to
(and effectively create progress with)
the task at hand for an extended period.

Laser Focus

*Studies show that the **primary factor** in retaining focus is training the brain to work 'bottom up' or habitually.*

Top Down Focus
Conscious Awareness

Huge
temporary,
concentrated
conscious, effort.
Big energy
requirement.
Constant re-focusing.
Active blocking
of external distractions.
Fatigue & break out.

Bottom Up Focus
Unconscious Awareness

Constant brain training.
Willingness to do
10,000 hours.
Subtle processing
of myriad details.
Awareness of
relevant info
pushed into
conscious.

Top Down Focus
Conscious Awareness

Difficult
Willpower
Force/punishment
Conscious effort
Short term
Sequential
Struggle
Shame/Guilt
Single focus point
SLOW

Bottom Up Focus
Unconscious Awareness

Easy
Unconscious awareness
Ease & grace
Multi focal
Lateral
Effortless
Gentle
FAST

Top Down Focus
Conscious Awareness

Excellent for orientating to the task, evaluating needs, times, impact, resources required, skills needed, selecting tasks, etc.

Bottom Up Focus
Unconscious Awareness

Excellent for freely associating and finding creative solutions to complex, new projects. Very good at creating awareness of important but apparently unrelated info.

BUILDING FOCUS

Make 'Open' Time

'Open' time lets the creative spirit flourish - tight schedules kill it. Studies show that insights flowed best when:

1. People had clear goals but also the freedom in how they reached them,
2. Team members had 'protected' time. (enough time to think freely)

Practice Letting Go

Tightly held and focused attention gets fatigued. We can and often do - push to the point of cognitive exhaustion. This causes a measurable drop in effectiveness, coupled with a rise in distractedness & irritability. Disengaging is the first step in letting go. Finding joy in walking the dog, sitting under a tree, playing with a child... are essential to regaining focus.

BUILDING FOCUS

Mindfulness

Practice taking note of information & stimuli, without becoming involved or judgemental is the foundation principle when it comes to gaining and maintaining focus. Routine or boring tasks can and often do, free the mind to solve other apparently irrelevant issues. That why “he” needs to go and fix the mower in order to decide how to discipline the 14 year old.

FOCUS EXERCISES:

1. How long can you focus on your high quality tasks?
2. What do you find most distracting?

What can you do about it?

3. What unsettles you most easily:

- Physically
- Mentally
- Emotionally

What can you do about them?

OVERCOMING OBSTACLES

Is life trying to look after you?

Q. If life is a learning experience...

...how do the lessons get chosen?

A. You select them by setting your goals.

No goals = no lessons necessary.

Therefore every 'obstacle' is a *lesson*.

but ONLY if you treat it as such

OVERCOMING OBSTACLES



Most of us assume that with enough focus and resilience - we can overcome today's torment and then everything will be smooth sailing. We work at getting through 'this tough time' so that we can feel relief and get back to normal.

Nothing could be more un-true.

There is no light at the end of the tunnel.

We don't suddenly emerge into sunlight and rainbows.

The tasks (lessons) get bigger.

OVERCOMING OBSTACLES

The **breakthrough** model requires:



- Resistance to events,
- Application of willpower,
- Oppositional thinking,
- Stubborn, repetitious, effort,
- Dogged determination...

CHANGING THINKING

Group **ONE** were asked to write down five things they were grateful for that week for each of the 10 weeks of the study. **This was called the gratitude condition.**

25% happier

Group **TWO** were asked to write down five daily hassles from the previous week. **This was the hassles condition.**

Group **THREE** simply listed five events that had occurred in the last week, but not told to focus on positive or negative aspects. **This was the events or control condition.**

Dr. Robert A. Emmons describes research he carried out with three experimental groups over 10 weeks (Emmons & McCullough, 2003. Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. Journal of Personality and Social Psychology, 84(2), 377-389:

OVERCOMING OBSTACLES

The **FLOW** model uses:

- Asking for guidance,
- Willingness to look for the lesson,
- Open-ness to radical views,
- Desire to learn and improve,
- Humility, grace, gratitude...

OVERCOMING OBSTACLES



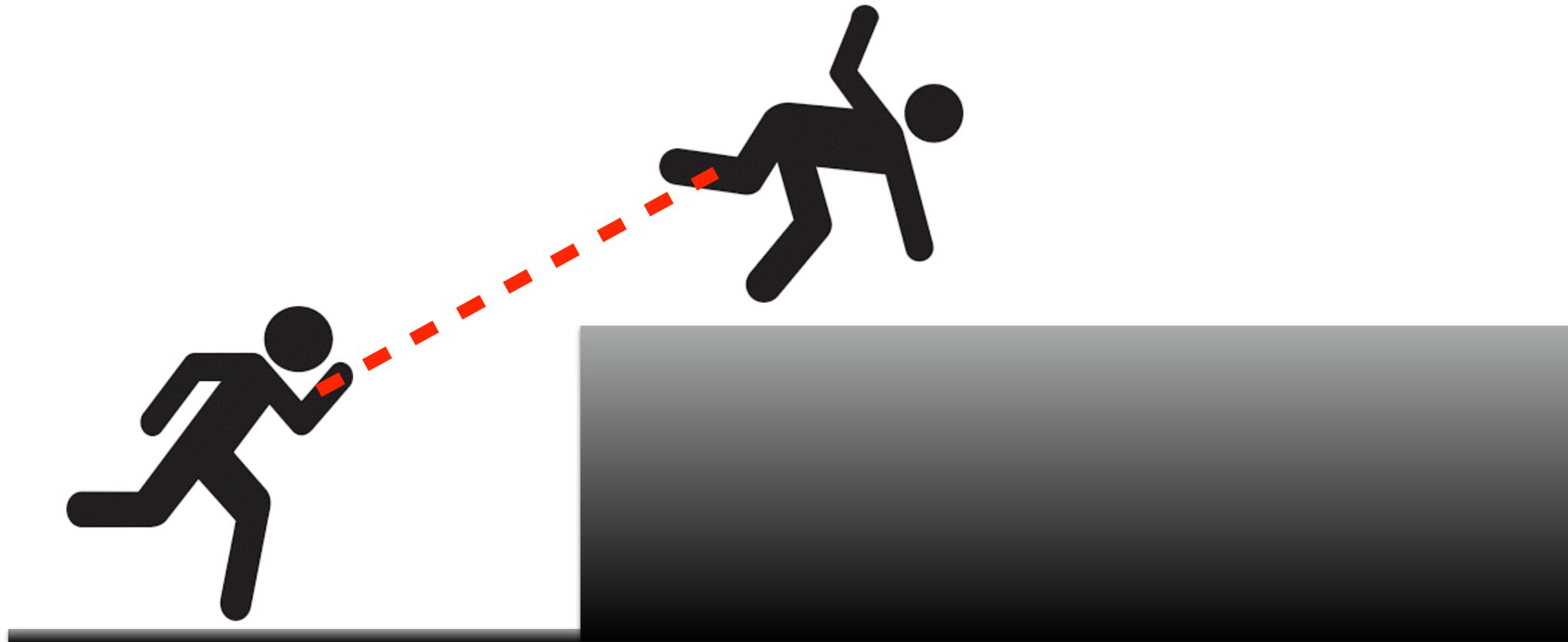
OVERCOMING OBSTACLES



In Our Imagination



The Reality



Imagining The Going Is All Clear...



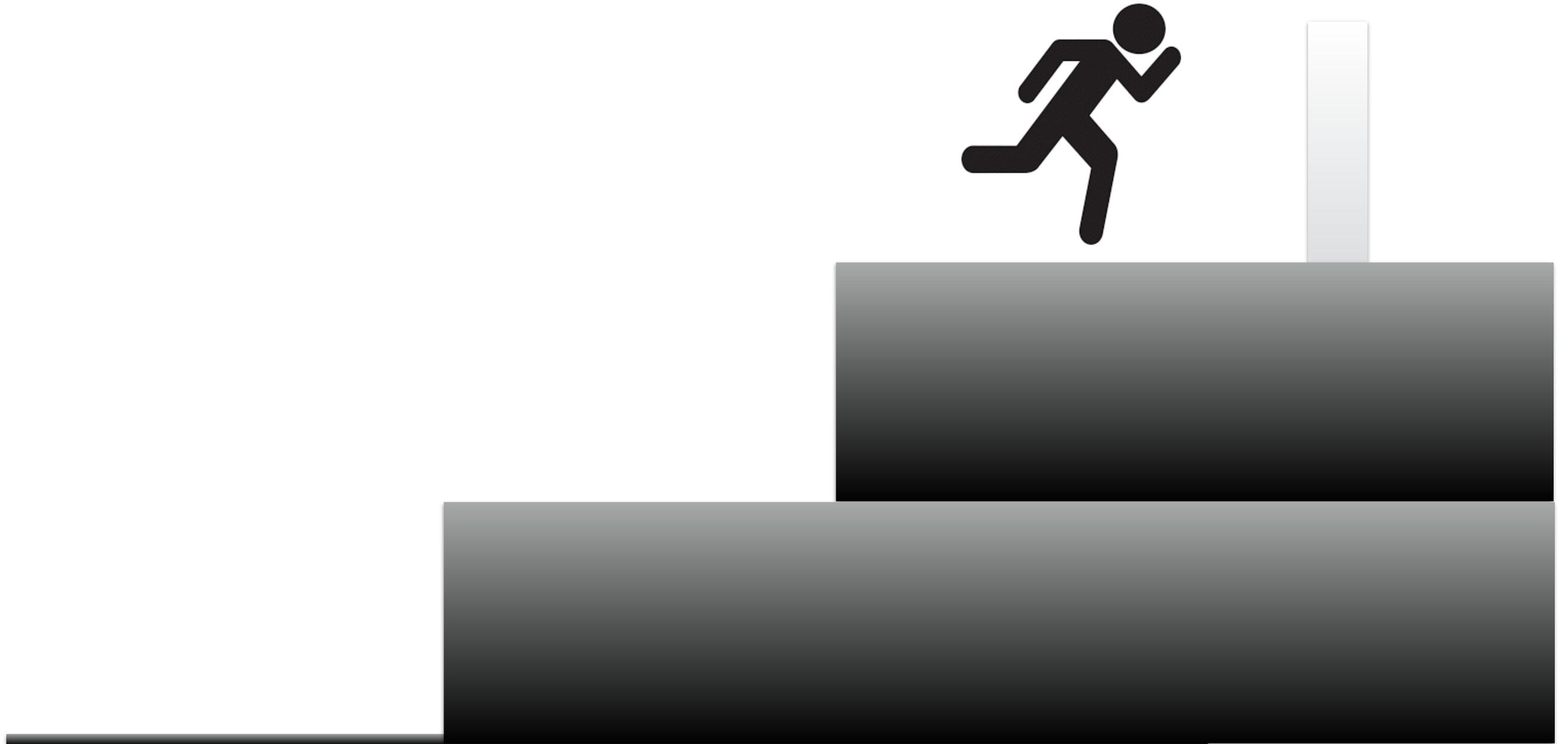
The Reality



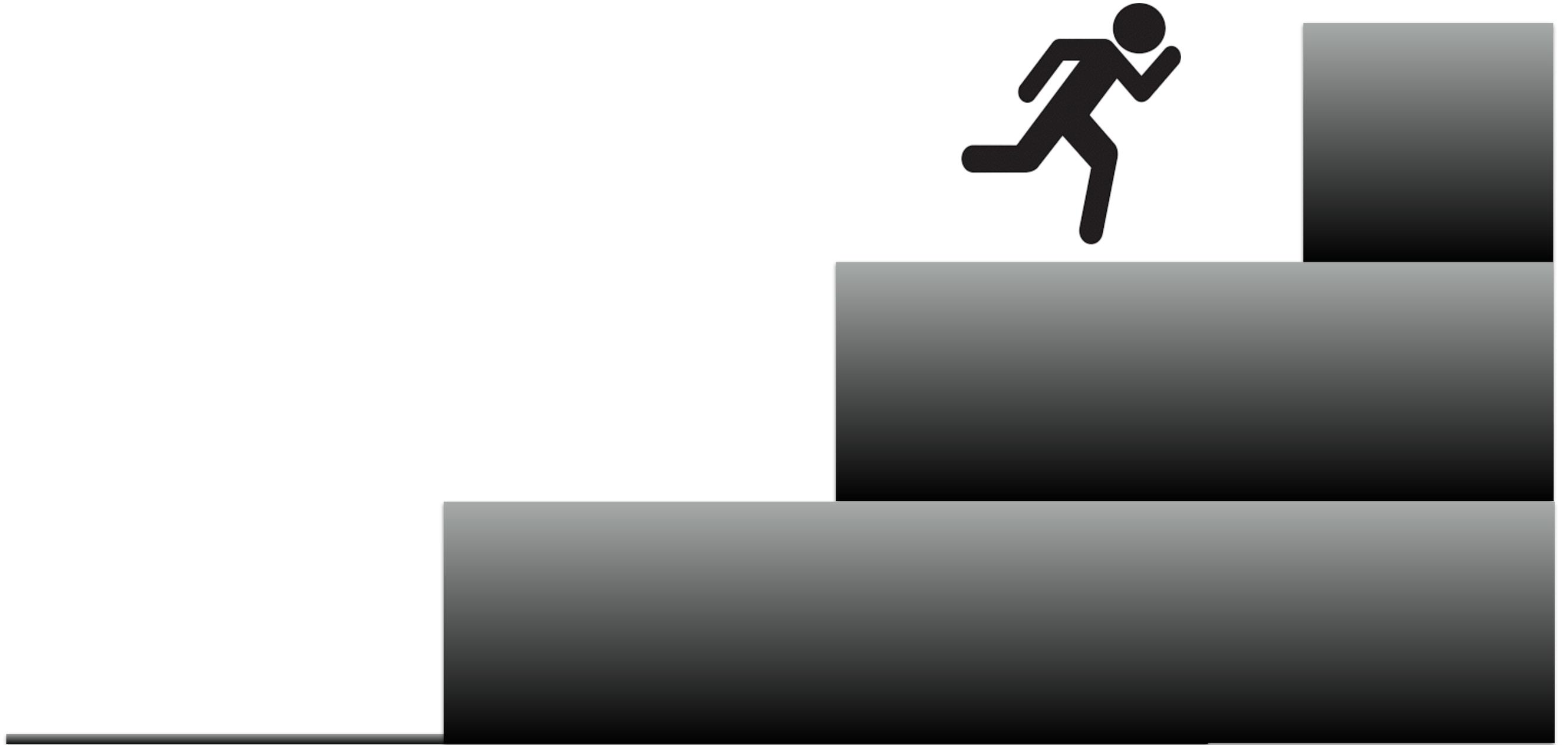
The Reality



The Reality



The Reality



Flow Means...



OVERCOMING OBSTACLES

Exercise: **Choose a current obstacle.**

- What is holding you back?
- What is the lesson?
- How long has this obstacle been holding you back?
- What are you doing to keep the obstacle alive?
- What can you control in this situation?
- Are other people involved?
- Are there creative solutions so that you can still reach your goal another way?

RESILIENCE WORKSHEET

STEP 1 GAIN MORE SELF AWARENESS

What do you say to yourself when you are upset?

What thoughts do you have when you are upset?

What explanations do you have for your feelings?

What explanations do you have for your actions?

STEP 2 CHECK YOUR THINKING

Common thinking errors that trap you are:

- Jumping to conclusions
- Personalising

- Magnifying
- Externalising

lab ELITE FOCUS WORKSHEET

STEP 1 GETTING FOCUSED

Focus requires attention and willpower. Practice these questions regularly to build your focus.

What would be the highest 'leverage' activity you can focus on personally for 1 hour today?

What would be the highest 'leverage' activity you can focus on professionally for 1 hour today?

What would be the highest 'leverage' activity you can focus on in my relationships for 1 hour today?

Make 'open time' in your schedule for your creative spirit to flow and record your ideas.

STEP 2 LETTING GO

Practice letting go this week. Allow some time during your week to reflect on what you are letting go of.

lab ELITE OVERCOMING OBSTACLES WORKSHEET

STEP 1 CHOOSE AN OBSTACLE

What is holding you back?

What is the lesson?

How long has this obstacle been holding you back?

What are you doing to keep this obstacle alive?

What can you control in this situation?

Are other people involved? Yes No

If yes, who? _____

Are there creative solutions so you can still reach your goal another way?

STEP 2 EXTRA RESOURCES

What internal resources do you specifically need to improve to help you overcome this obstacle?

What external resources do you specifically need to improve to help you overcome this obstacle?

Download worksheet at bit.ly/elite-2-worksheet

RESILIENCE SELF ASSESSMENT

Grading Element	Exceptional (4 points)	Competent (3 points)	Need Improvement (2 points)	Unsatisfactory (1 point)	Score
Mark Plans & Action Them	Plans are clear, written down and being well executed.	Plans clear, written down a and little action.	Plans in my head only, no action at all.	No plans, no actions.	
Find Purpose	Purpose clear and written down	Got an idea of purpose	Need to get clear, rough draft	Nothing clear, nothing	
Learn to Reframe	Clearly 'see' able to r				
Positive Outlook	Full confid strengths a				
Problem Solving Skills	I stop and possibilities attack, take eval				
Manage Strong Feelings / Impulses	Always mana emotions ar				
Exercise Self-care	Full attent needs/feelin body ready				
Accept Change	Accept the focused or char				
Stay Flexible	Maintain fle bala				
Action Items					

FOCUS SELF ASSESSMENT

Grading Element	Exceptional (4 points)	Competent (3 points)	Need Improvement (2 points)	Unsatisfactory (1 point)	Score
Awareness	I know what distracts me and what to do about it.	I sometimes know what distracts me and what to do about it.	Sometimes aware of distractions, unsure what to do.	Rarely aware of distraction, no clue what to do.	
Mental, Emotional & Physical Awareness	I know what unsettles me physically, mentally and emotionally and know what to do.				
Quality of Focus	Regularly use mindfulness to quiet my mind chatter.				
Restoring Energy	Regularly restore my mental energy by switching off from focused attention.				
Balance Between Bottom Up (unconscious) & Top Down (conscious) Mind	Alw c emoti impuls great				
Action Items					

OVERCOMING OBSTACLES SELF ASSESSMENT

Grading Element	Exceptional (4 points)	Competent (3 points)	Need Improvement (2 points)	Unsatisfactory (1 point)	Score
Awareness	Aware of what is holding me back and how long it has been a problem.	Some idea of what is holding me back and know it has been a there a while.	Vague idea of the problem and not sure how long it has been there.	No clue of what is holding me back – just stuck.	
Attitude	I always view obstacles as opportunities and look for the lessons	Sometimes view obstacles as opportunities and look for the lessons	Not sure of the problem or the lesson to be learned.	Have trouble seeing the opportunities or having a positive attitude.	
Use of the FLOW Model	for the lesson, am open, learn and improve, and have gratitude.	for the lesson, not always open to learn and improve or grateful.	rarely seek help, look for the lesson or open to learn and improve. Won't be grateful until the obstacle is gone.	don't see a lesson, nothing to learn, want it to go away, not grateful about anything.	
Action Items					

Download assessment at bit.ly/elite-2-self-assess

Action Items		Final Score	
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WHAT NEXT?

NEXT DAY Q&A

Wednesday 21th March 8pm (Sydney time)

You will be receive an email from GTW to access this session.

WORKSHOP 3:

Saturday 5th May 10am - 3pm (Sydney time)

REMEMBER...

Post about your progress.
Sharing problems is as important
as sharing victories.
Support each other.
Ask me anything - I will answer as
many questions as you ask!

