

RESILIENCE WORKSHEET

STEP
1



GAIN MORE SELF AWARENESS

What do you say to yourself when you are upset?

What thoughts do you have when things go wrong?

What explanations do you have when things went wrong?

What explanations do you have when things went wrong?

STEP
2



CHECK YOUR THINKING

Common thinking errors trapping me:

- Jumping to conclusions
- Personalising

- Magnifying
- Externalising
- Over generalising
- Mind reading

STEP
3



DETECTING ICEBERG BELIEFS

Look for underlying beliefs about how the world ought to operate and how you feel you ought to operate within that world. Write the beliefs down and ask yourself:

What is this belief costing me?

How is this belief helping me?

Is this the best choice in this situation?

STEP
4



GAINING PERSPECTIVE

Best Possible Outcome

What is the one thing I can do to make this happen?

Likelihood it will happen

Worst Possible Outcome

What is the one thing I can do to stop this happening?

Likelihood it will happen

Most likely outcome

What can I do to handle this if it happens?

Likelihood it will happen

STEP
5



PROBLEM SOLVING STRATEGIES

Tick off each strategy as you use it on current problem.

- Slow down. Stop and Think.
- Take the other persons point of view.
- Choose a goal & make a list of possible paths to it.
- Identify the pluses and minuses of each path.
- Evaluate the solution - if it didn't work try another.

FOCUS WORKSHEET

STEP

1



GETTING FOCUSED

Focus requires attention and willpower. Ask yourself these questions regularly to build your focus muscles.

What would be the highest 'leveraged' thing I could focus on personally for 1 hour today?

What would be the highest 'leveraged' thing I could focus on professionally for 1 hour today?

What would be the highest 'leveraged' thing I could focus on in my relationships for 1 hour today?

Make 'open time' in your schedule this week to allow your creative spirit to flow and record your insights.

STEP

2



LETTING GO

Practice letting go this week. Allow some time during your day to disengage (go for a walk, time in nature etc). Switch off the focused attention and let your mind observe what is around you without effort. Record the changes in your mental energy.

STEP

3



PRACTICE MINDFULNESS

Practice mindfulness in the coming weeks and record how it builds your focus muscles.

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?