

## WHAT IS RESILIENCE?

- The ability to bounce back from adversity & adapt to change.
- The ability to become happy, healthy & successful after something bad happens.
- The ability to convert adversity into opportunity & see the possibilities.

My favorite & why:

## WHY RESILIENCE?

- VUCA world: Volatile, Uncertain, Chaotic, Ambiguous
- Managing stress is key to resilience, performance, & wellness; it allows us to be present. Chronic stress is linked to the 6 leading causes of death..as well as dementia, weight gain, diabetes, high blood pressure, and depression.
- Performance, productivity and wellness can be improved dramatically by incorporating resilience tools like mindfulness, meditation and exercise.
- Happiness! Resilient people are less depressed, live longer, and are more optimistic.

## SO, WHAT IS PURPOSE?

- What gets you up in the morning
- The reason for which something is done, created or exists.
- Deriving deeper meaning from life's experiences, and possessing intentionality and goals that guide our behavior

## WHY PURPOSE?

- Resilience, connectedness & grit
- Health & longevity
- Happiness

## SELF DISCOVERY:

- What do I do that helps/serves others?
- What am I most passionate about/energized by?
- What am I doing when I lose track of time?
- How does my purpose relate to my work?
- Who or what helps me understand my purpose?

Choose 1-2 questions & answer them here:

### WHY YOU'VE GOT THIS!

- Resilience skills can *absolutely* be learned! Knowing your purpose (small p) is a huge step towards building resilience
- Bad things happen to good people; it's how we respond that defines us (mindset!).
- Homeostasis, baby! Balance is our natural state.
- We are more than our DNA! Lifestyle choices matter.
- Humans are wired to find deeper meaning and purpose-it's in our DNA.
- Purpose protects us-mind, body, and spirit.

### TOOLKIT: What 1-2 steps will you try this week?

#### Resilience (pick one)

- Power pose/reset with deep breathing
- Hyperfocus
- Gratitude-3 things
- Exercise, tai chi, yoga, meditation or prayer: change your brain!
- Mindfulness breaks (Try free Calm, Headspace apps)

#### Purpose (pick one):

- Post a "draft" purpose word or phrase on bathroom mirror-each morning or evening and let it simmer for the day/night
- At the end of each day write down one thing you did to serve others
- Pay attention to what energizes and what exhausts you, and make a short note of it at the end of each day
- Ask a good friend what you are "known" for-your brand

### SUPPORT: Who will you ask for support?

The probability of completing a goal if:

- You have an idea or a goal: 10%
- You plan how you will do it: 50%
- You commit to someone you will do it: 65%
- You create accountability appointment with a person/coach: 95%

#### Notes:

What am I taking away today? What questions do I still have?

What can I do to get started today?

QUESTIONS? INTERESTED IN TRAINING, COACHING OR WORKSHOPS?

[www.mymaxperformance.com](http://www.mymaxperformance.com) Nancy (952)200-6474

All rights reserved. MyMaxPerformanceLLC 2016