

Resilience builders



| No | Possible action | Nailed it | A way to go |
|----|--|-----------|-------------|
| 1 | I've things I do when I need to wallow like a hippo after a setback, upset or frustration | | |
| 2 | I'm good at seeing the silver lining in the face of difficulties | | |
| 3 | I'm of service to others outside work such as volunteering | | |
| 4 | Like elite sports people, I use vivid mental movies to help me succeed through difficulties | | |
| 5 | I'm able to stop myself ruminating <u>and</u> instead focus in the present | | |
| 6 | I spend enough time outdoors getting fresh air, seeing nature and relevant exercise | | |
| 7 | I'm adept at seeing things from another person's point of view | | |
| 8 | I know exactly my stress triggers <u>and</u> am able to let go of those I've no control over | | |
| 9 | I've the skill to create SMART objectives | | |
| 10 | I'm able to feel a fear I have and face up to it | | |
| 11 | I have a sense of purpose that means I'm connected with my bigger self and larger mission | | |
| 12 | I regularly stop and list what I'm grateful for | | |
| 13 | I'm able to notice and congratulate myself on my strengths and good qualities | | |
| 14 | I have the right balance in the areas of eating, sleeping and exercise | | |
| 15 | I'm ok with meditation <u>and</u> do it regularly | | |
| 16 | I'm used to learning new things that help me. I've a current personal development plan | | |
| 17 | I'm good at responding to stuff and not reacting emotionally | | |
| 18 | I am able to say to myself that I know I have the inner resources to be resilient | | |

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End