

# CHAPTER /





Many factors contribute to our growth, our life story. Resilience is one big factor.

Character traits associated with resilience include optimism, openmindedness, good coping skills, having and maintaining a supportive social network, attending to one's physical well-being and embracing a personal moral compass.

# This will be your unique recipe for creating resilience.

The following pages will tell you what ingredients to gather.



#### INGREDIENTS & UTENSILS

Funnel or Strainer: To sift, shake and pour your thoughts, characteristics, and any stories you carry.

#### Follow the rest of the steps and add:

Nuts - the roadblocks of life
Chocolate pieces - the dark side of
experiences. Words that keep
appearing in your thoughts, written in
your journal, or show up as you read.
Cranberries - representing gratitude
Vanilla - "wish list" items or goals

Stir in some liquid; let's call this your fears. Sprinkle in some spices: How much? This will become clear as you chart and evaluate your life and where you spend your time.



#### WRITE A NEW STORY



Make a funnel and take a characteristic that represents you and attach a story to it.
Write the story at the exit of your funnel. This can act as a flowing goal chart, or a dream funnel.

1

2



When things aren't going well, it can be easy to ruminate over the negatives, but we can always choose to reframe the experience by choosing to contemplate the positive.



Look back on what you considered a roadblock and see if, in fact, it was a pivot point. Example a lost job, now you are an entrepreneur.

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When recalling a dark experience, try to write down some upsides of the situation. For example, you may see that experiencing physical pain has made you a more compassionate and empathetic person.

# EXPRESS YOURSELF

Expressing your thoughts by free writing in a daily journal is a way to gain insights into life's challenges and your feelings about them. The goal is to write down thoughts as a stream of consciousness rather than a record of daily events.

You might start with "What's on my mind right now is ..." as a journal prompt.

A past study found that participants who wrote their thoughts in journals four days a week had improved immune function.

Examples:

- 25 things you are grateful for
- What do you really want right now?
- 10 things you are interested in learning more about
- A list of things you love to do

Start a sentence with: "Starting here......" or "My future self would..."





#### **FEARS**

Fears can sometimes interfere with daily life, like the fear of public speaking, fear of heights or being afraid of what others think of you. This can cause anxiety, induce frustration and shrink your resilience.

To help overcome recurring fears that get in the way of experiencing life, try to slowly and repeatedly expose yourself to your fear in small doses. Slowly adjust your response to the fear. Try writing a communication with your fear.

ASK: Is this real? Or does it only seem real? Can I reframe my story?

Breathe: Use simple breathing techniques. Inhale and exhale extending the length each time.

Meditate: Take the feeling as it is and picture it dissolving, moving further away from you.







#### TO DO

#### **KNOW YOUR PRIORITIES**

FAMILY, CAREER, SPIRITUAL, COMMUNITY, ETC.
ASSIGN A # OF HOURS TO EACH CATEGORY PER WEEK.

**Example:** Career - 40 hours, Family - 20 hours, Spiritual - 5 hours, Physical/self care - 5 hours

Total: 168 hours a week, minus 8 hours of sleep. You have 112 waking hours. Does what you do correlate to your priorities?

Log your activities daily for a month. Then go back and make a symbol next to each activity.

- Cinnamon is your work day
- Nutmeg your family
- Grated orange is spiritual
  - Sugar is you time

DON'T SKIP THIS! IT IS EYE OPENING.
TRACK YOURSLEF FOR A WEEK, A
MONTH. ANALYZE IT AND ADJUST!



CHAPTER
Mix &

Bake



We will now begin the mix and fold stages of your recipe. Then we will bake it. Remember, ovens are all different, and altitude affects bake time. Be aware and monitor, but don't compare or judge.

Each ingredient will be in different amounts for each of us. Add, subtract, sprinkle in, chop, stir... and then do it all again until it feels and tastes right to you.

Decide what you most need to add to your recipe, kindness, compassion, forgiveness. Begin with your top choice and add as you go.



# FOUR STEPS TO: SHORT- AND LONG-TERM GOALS

Taking steps toward a goal has been shown to promote positive emotion and clearer thinking, building overall well-being and resilience.

In a study of applied goal-directed resilience in training (GRIT), participants demonstrated improvement in self-regulation, executive function and personal growth.

When situations feel overwhelming, build resilience by brainstorming possible solutions, producing a plan of action and breaking this down into manageable steps. Reward yourself for making progress by recognizing your achievements along the way.

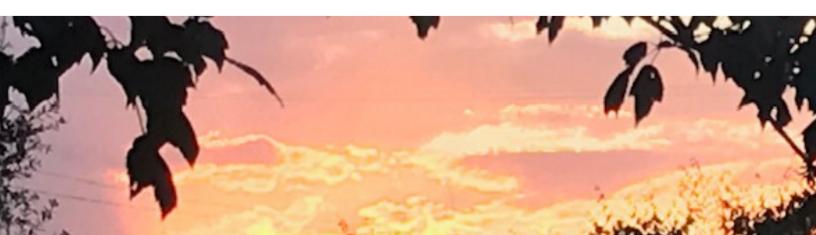
While pursuing your goal, situations may change, so give yourself permission to revise your goals as you progress. Consider working with a coach to help you brainstorm, co-create goals and help hold you accountable to those goals. At minimum choose an accountability partner. Form a long-term picture of you: a confident woman, making good decisions, moving in the direction of your dreams.

**Example:** The next 6 months I want to build my confidence. Set a short-term goal to match your image of you. Break it into bite size chunks.

**Week 1:** I will say my affirmation, give myself a high five each day. I will write and read my goals daily.

**Week 2:** I will make a dream board. I will take an action step to do 1 or 2 things daily that I have been afraid to do. I will come out of my safe space. When you break these short-term goals into bit size pieces, you begin to believe in your BIG GOAL to be more confident, assertive, involved, xxxx (add your words)!

Caution: you cannot see all the roadblocks and all the lights will not be green. Do not expect someone else to believe in you, they may, but YOU get to do the work, daily! YOU can do this.





#### **BE KIND**

Demonstrating kindness to others can help us feel better and improve resilience.

A study found that older adults who volunteer report higher levels of well-being and that well-being increased with increased volunteer hours.

Even when we are suffering ourselves, research shows that altruism born of suffering can help us become stronger and more empathetic towards others.

Another study had some participants do kind acts for others and a second group do kind acts for themselves. The group who helped others had higher positive emotions and mood elevation.

If you would like to build resilience in yourself, being kind to others is a great way to do that. This fosters a greater sense of purpose and enhances self- worth.

WRITE DOWN ONE THING YOU CAN DO TODAY AS AN ACT OF KINDNESS -AND THEN DO IT!



#### **COMPASSION**

Often misconstrued as self-pity, self-compassion means to feel kindness and caring towards yourself and be non-judgmental to what you may perceive as your own inadequacies.

Self-compassion has been shown to increase well-being and resilience to stress and trauma. It is linked to healthier behaviors, increased confidence and a sense of personal responsibility. Self-compassion has also been shown to increase motivation for self-improvement.

### Cultivate more self-compassion by letting go of judgements of past mistakes and perceived inadequacies.

If you find it difficult to speak kindly to yourself, imagine you are speaking to a loved one or dear friend. Be easier on yourself and leave perfectionism behind.

**Exercise:** Each morning look into the mirror and give yourself a high five! Say, "I've got this!" or "Everything always works out for me." Or make up you own. Write it down now, then paste it on your mirror!



#### **FORGIVENESS**

It can be difficult to forgive, but with practiced empathy and compassion it is possible. When we can begin to see events from the offender's point of view, we can understand the behavior.

Understanding is different than condoning, and reconciling is not necessary. The goal is to find compassion, to know that none of us are perfect, then find some peace.

When we practice compassion and forgiveness of others, we also become more forgiving of our own mistakes and shortcomings, further building resilience.

# TO GROW RESILIENCE THROUGH FORGIVENESS, TRY THESE PRACTICES:

- Consider how not forgiving is impacting your health and happiness. Forgive for YOUR sake.
- Reflect on what pushes your buttons. This may help identify old childhood wounds. It also reduces anger.
- Accept others as they are: imperfect beings struggling to do the best they can under their conditions and circumstances.

#### REFRAME THE SOLUTION

Change is a part of life. When we can accept that change is inevitable, we are more flexible and better able to respond to stressful events. Flexibility is essential to being resilient and managing the ups and downs in life.

Simply accepting that life will have challenges will help you be more resilient.

\*\* In her book Loving What Is, Byron Katie explains that what we think "shouldn't" have happened, SHOULD have happened, and that everything is happening for you and not to you. Viewing circumstances through this lens helps re-frame challenges into learning opportunities

Choose your lesson now. Work, career change, relationship, sports, social interaction? Often this is best done with someone you trust. An example might be a friend saying something rude to you and your feelings were hurt. How can you change that? Wow, my friend is usually kind, and thoughtful. What can I do or say, how can I communicate with her to find resolution. This can be a difficult exercise because emotions are involved. You may need to step back for a bit of time.

# CHAPTER

Savor & 3 Celebrate





#### Time to celebrate!

The work is never totally done but do celebrate the steps along the journey.

#### List your resources:

Books

**Podcasts** 

Motivational Quotes

Speakers

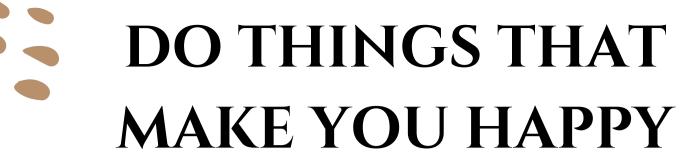
Shows

Courses

Family

Friends

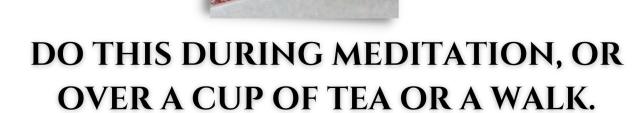




It sounds obvious, but when life gets busy, we often let recreational enjoyment slip. Participating in activities you enjoy increases positive emotions and life satisfaction, which are both associated with higher resilience. If you find yourself wondering what to do, think back to activities you enjoyed as a child. Walk, get out in nature, pick a flower.

A recent review found that arts & crafts activities were associated with developing resilience and mental well-being in children and adults. Build on that resilience by engaging in art activities. Coloring, paint by number, doodling, knitting, you name it. Take 10 or 20 minutes and monitor how you

feel.



#### **MINDFULNESS**



Mindfulness is simply non-judgmental awareness of the present moment. To cultivate mindfulness, purposefully pay attention to things that would ordinarily not get your attention.

Mindfulness can be cultivated with mindful breathing. It can also be developed while participating in daily activities like showering, eating and walking.

Simply "noticing what you're noticing" with one or more of your senses is a great way to become more mindful. Be PRESENT.



#### I RISE

#### Poem By Coach Sandy

I rise sometimes because I choose to begin my day with great enthusiasm.

I rise sometimes because of my task list, sometimes with expectations, sometimes goals and a sense of let's get this done. I rise and see an easy path ahead, and as a realist (sometimes) I see obstacles.

I rise most often with a passion and a mission.

I rise because to do so allows me to share my gifts, to honor my mission.

I rise to lead, travel with, guide, commiserate with and inspire midseason women.

I rise with my goddess, to work with women to move into their own goddess.

I rise to celebrate their goddess that has been lost because she chose to rise to her responsibilities.

She chose to rise to fitting in, to doing what was expected, to work hard and succeed.

I rise to help her dust off her goddess, to remind her that she is not broken.

I rise to help her polish her goddess or whatever she calls that inner knowing or longing.

I rise to hold the mirror so she can inspect her beauty, so she can open her heart and inspire her to listen to her soul.

I rise to see her rise, to celebrate her steps.

I rise to listen, to coach, to laugh and to cry with her on this journey called life.

#### NAVIGATING THE CURVES OF LIFE.

# DUST OFF YOUR GODDESS AND POLISH HER UP.

## GROUP EMPOWERMENT SESSIONS

A course to give you direction, tools to help you navigate.



Life is change and change means growth. Not all growth feels comfortable at the time. It is more comfortable knowing you are not alone.

Navigating with a team, a group has been proven to provide better results in less time, with less stress.

Group Coaching is more cost effective. Attend in person via zoom, or if necessary, watch a recording. Sessions vary in length.



Community is a maximum of 20 women. EARLY BIRD pricing is available, check the website.

ACCESS NOW

If you are someone who benefits from some support, please join Awesome Women on Facebook for some tips and shares. (link below)

If you like to learn and stay connected, then YouTube is for you. I post concepts and ideas there, with brief trainings or thought-provoking activities. (link below)

You might do best in a group with others working on their journey with me as a coach, where I facilitate discussion, brainstorming and problem solving. It gives inspiration and accountability. These sessions vary but usually run for several consecutive weeks. Many people take a series and return for another, the choice is yours. I have a mock video I can share with you; just ask.

A free discovery conversation (15 minutes) might be the place for you to begin. Call for a time or email me a request.



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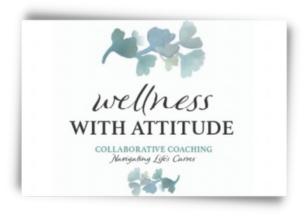
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WITH LOVE, Coach Gandy