

# Resilience Map

**Operate from the Inside-Out**

**Embrace Failure**

**Define a clear sense of Purpose**

**Be Comfortable with the Uncomfortable**

**Choose to Wonder over Worry: problem solve**

Challenge your thoughts: You are not the thinker

Write them down!

Shift to a daily scale: worry about one day at a time

Stop-loss point: Give worry a limitation

Respond, don't React

Check your filter

Be the Observer

Practice Mindfulness

Open up to the opportunity of unlimited tries!

Understand Failure better (psychological concepts).

Be a life-long learner: open up to experience

Redefine failure as your training grounds

Succeed, outside of your comfort zone

Acknowledge Uncomfortable feelings as natural

Purpose as a well-being factor

Speaking with Purpose, not impulse (\*see Q&A)

BOLO: Emotional Hijacking

Reframe Discomfort as growth: flounder and be curious!

Listening with purpose: Communication=Exchange

Positive psychology Theory