

mypeopleclub

MEMBERS

# Resilience and Mental Toughness

## WORKBOOK



# What is getting in the way of you being resilient?



## Which of these can I stop now?

Do any/all of these statements look familiar? Are there any others you would add? For each one that represents how you are behaving, make some notes about why you are and the impact(s) it has on you (emotions, time, relationships, etc):

### Feeling sorry for myself

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### Shy away from change

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### Worry about pleasing everyone

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### Dwell on past

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### Resent other people's success

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### Give up after first failure

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(other?) \_\_\_\_\_

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(other?) \_\_\_\_\_

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# Do you have a Fixed or Growth Mindset?



## What does your **FIXED** mindset look like?

In each of these scenarios, how do you behave? What do you say? What would other people see? Make notes in each box:

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## What does your **GROWTH** mindset look like?

In each of these scenarios, how do you behave? What do you say? What would other people see? Make notes in each box:

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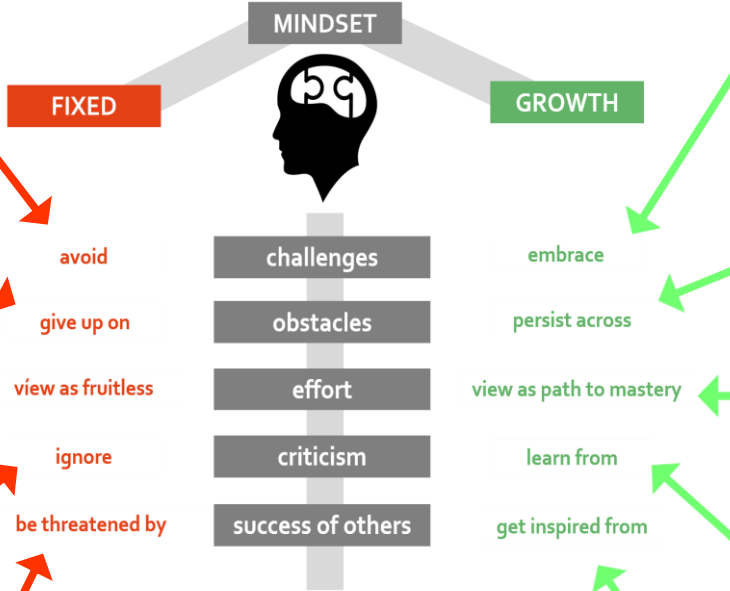
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# How can you become resilient & mentally tougher?



## Focusing on the right things

What does good look like? How will you know when it's happening? What's the first step you need to take? Makes some notes:

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## Maintaining self-belief and learning from setbacks

What do you need to do? What can you have a go at right now? What do you need to learn first? Makes some notes:

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## Staying cool, level headed and motivated

What can you do differently next time you're under pressure? What can keep you focused and in the zone? Makes some notes:

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# How can you build resilience in your team/business?



## Adopting a growth mindset

What can you do differently? What strategies can you put in place? Make notes:

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## Visualising your next success

What do you want to achieve? What will it look and feel like? Make notes:

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## Letting go of what you can't control

What frustrates you that you can't control? What can you delegate? Make notes:

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## Building a network of resilience people

Who do you admire for their resilience? Who makes you happy? Make notes:

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## Remembering your strengths

What are you great at? What has been your greatest achievement? Make notes:

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# How can you develop your resilient leadership?



## Sense of purpose

What is your purpose? Make notes:

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## Positive mental attitude

How do you remain positive? Make notes:

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## Connect with others

Who can you connect with? Make notes:

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## Have determination

What can you focus on? Make notes:

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## Be decisive

What needs deciding now? Make notes:

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## Look after yourself

How can you take care? Make notes:

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# Need to discuss your notes and thoughts with Cresco?

- **Facebook:** Cresco Coaching and Consulting
- **Twitter:** @CoachingCresco
- **LinkedIn:** linkedin.com/in/itstomjones
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