

Resilience

HOW TO ADVANCE DESPITE ADVERSITY



driven

Forget mistakes.

Forget failures.

Forget everything except
what you are going to do
right now, and do it.

WILL DURANT

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Advancing Despite Adversity

We all face adversity, both large and small. It's not a matter of if, but when. We owe it to ourselves and others to be prepared.

By turning adversity into advantage, you can overcome and even benefit from adverse events.

Living a resilient life with this proactive attitude is powerful. You'll find yourself prepared to face uncertainty with unshakeable confidence.



Advancing

Resilience helps you focus on what is important. This is your sense of purpose - what makes your life meaningful and fulfilling. Here, resilience helps you to always advance towards your sense of purpose.

Despite

The word 'despite' encapsulates an aspect of resilience that is often neglected; being proactive. Adversity is not a necessary skill to advance towards your goals. A proactive person who learns from mistakes can avoid many forms of adversity and advance regardless.

Adversity

Adversity not only encompasses the big life-changing events, but also the small challenges of everyday life such as stress at work. We all face adversity. The difference is how you decide to respond to it. Manage adversity well, and you can succeed at anything.

Let's be real, no one builds resilience in just one day. It's a process that starts with habit change

Therefore, it makes sense that there are many different factors that contribute to resilience. They include;

- Beliefs we hold about the world, ourselves, and others.
- Information to which we have access.
- Biases, skills, and education.
- Mental processes and behaviours.

To make sense of these factors, it is useful to place related components into domains. We've grouped these components into the six distinct domains that explain the specific factors that make you resilient.

Advance despite adversity by working on the six domains of resilience

The six domains give structure to resilience, creating specific areas that anyone can use to be the architect of their own success. Anyone can learn to build resilience in all the cornerstones of life. Strengthening the domains will provide a foundation from which you can achieve your goals.



VISION

Your sense of purpose and goals.



COMPOSURE

How you stay calm.



REASONING

Your resourcefulness and problem-solving skills.



TENACITY

How you persevere and stay motivated.



COLLABORATION

Your relationships with other people.



HEALTH

How you take care of your body.

Become driven through goal-directed resilience

Working on resilience helps you live a meaningful life - but takes practice. It's not something you practice once and then have forever. Rather, resilience is about a constant investment in self-improvement.

This is why exploring your own sense of purpose and goals is important. Knowing these helps you keep perspective when things get tough. It helps you to make decisions with confidence, especially when facing difficult choices.

How to face adversity with resilience

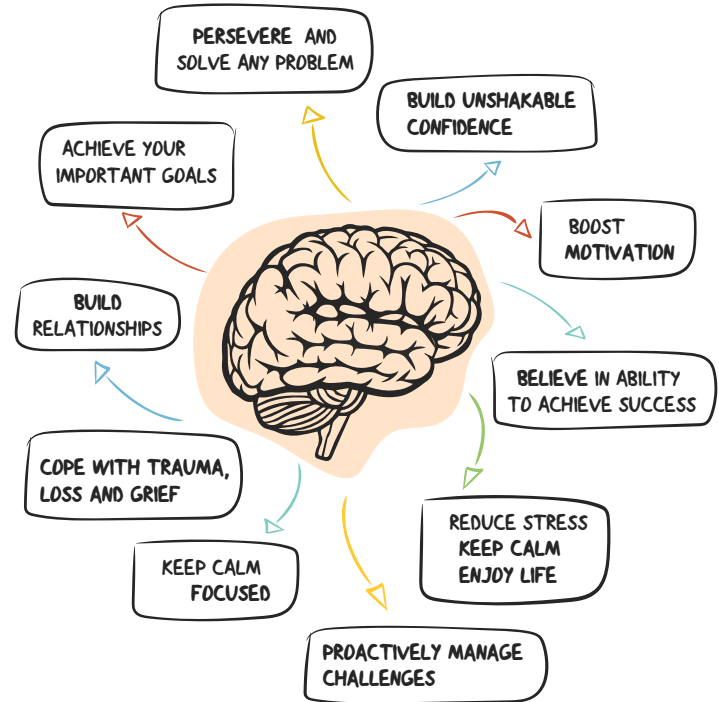
Grief, loss, trauma, stress, loss, anxiety, depression... There are so many situations in life when we need resilience. If you find yourself in a tough spot, below are a few tips on using the resilience domains to stay strong.

In the moment

- Use **Composure** skills to stay calm and in control.
- Use **Vision** to keep perspective and manage emotions.

After facing adversity

- Use **Tenacity** to stay motivated and keep going.

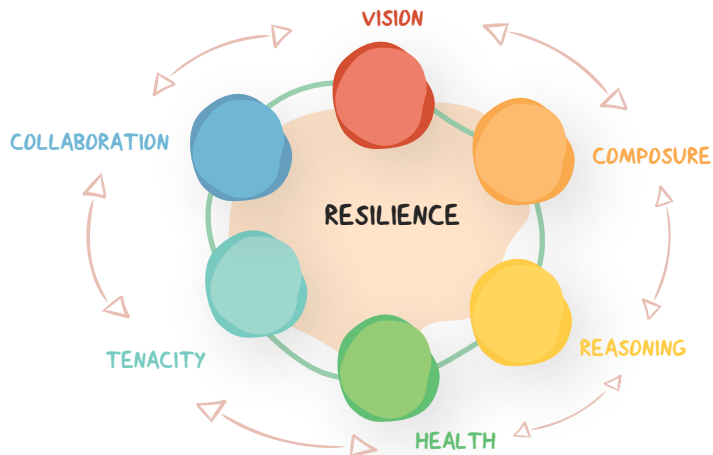


↑
THE RESILIENT MIND

- Use discipline to look after your **Health**, even when you are struggling.
- Use **Vision** to know what is, and isn't, important, and to stay focused on what matters.

Planning for the future

- Use **Reasoning** skills to plan for risks and take action ahead of time.
- Use **Collaboration** to build a strong support network with meaningful relationships.
- Use discipline with **Health** to be ready for whatever comes.
- Use **Vision** to target your efforts so you can achieve what you are aiming for in life.



Resilience helps you live a fulfilling and meaningful life, despite the ups and downs

Resilience is an ongoing practice. Included in this pack is a set of magnetic tiles representing different skills that add up to being a resilient person.

1. Take the central Driven tile and put it on your fridge, or somewhere else it will stick.
2. Place the remaining tiles to the side as you practice and work on the skills every day.
3. When you feel you've mastered a skill, place that tile next to the corresponding color on the central Driven tile to build your resilience map.

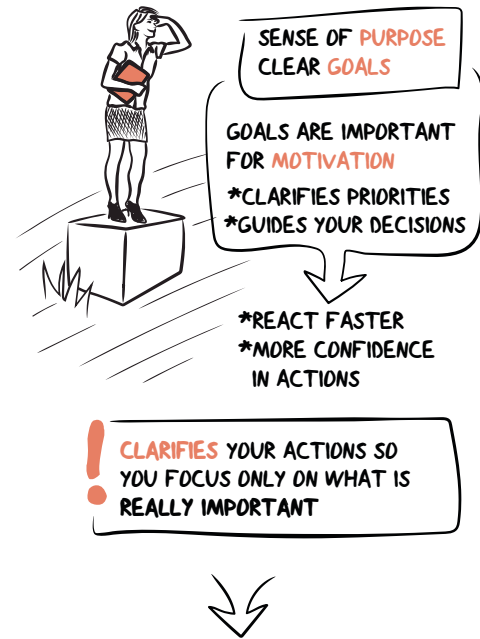


Vision

Vision is about your sense of purpose, goals, and personal vision you hold for yourself.

The reason this is the most important domain is that all other domains are guided by what you want to achieve. Clarity of vision helps you to be decisive and confident in your convictions.

Clarity keeps you focused. It's easy to get distracted by unimportant details and events if you don't have anything specific you're working towards. When things get tough, vision helps you stay focused on what matters most to you.



YOU ARE **MOST POSITIVE** WHEN:

1. YOU HAVE CLEAR GOALS,
2. YOU ARE ACTIVELY PURSUING THOSE GOALS,
3. YOU ARE SEEING RESULTS IN LINE WITH YOUR GOALS,
4. AND YOUR THOUGHTS AND ACTIONS DO NOT CONFLICT WITH OTHER GOALS

Exercises - Ask Yourself



I KNOW MY PURPOSE

DO I KNOW MY PURPOSE?

Knowing your purpose is the most powerful resilience tool. It will help guide your life, actions, decisions, and values. This doesn't need to be precise – something as simple as “make a big difference”, or “help people” are good examples of a purpose in life.

I UNDERSTAND MY NEEDS

DO I UNDERSTAND MY NEEDS?

Your brain needs three things to thrive; Do things you enjoy, have goals and a sense of direction in life and have meaningful connections with people. Be sure to make time for each of these.

I SET MEANINGFUL GOALS?

DO I SET MEANINGFUL GOALS?

Clarify your goals so that you know when you have achieved them. This includes making your goals specific, meaningful, actionable, relevant, and setting a timeframe in which to achieve your goals. Clear goals are far more motivational.

I PRIORITISE MY GOALS

DO I PRIORITISE MY GOALS?

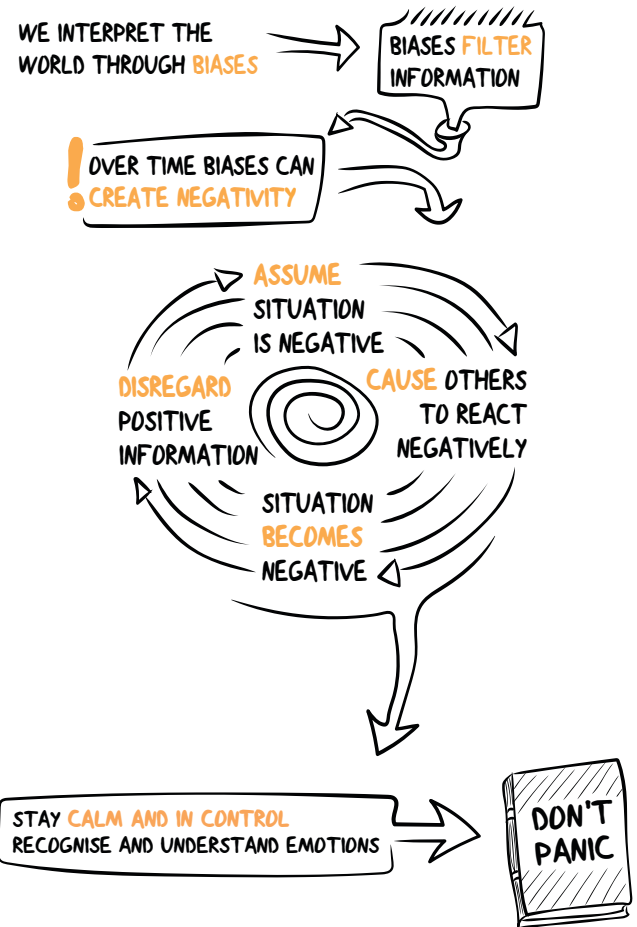
We all have a lot of responsibilities and goals which often compete for attention. Take time to decide which goals and responsibilities to prioritise so that you know which you are willing to sacrifice if it comes to that.

Composure

Composure is about staying calm and in control. When facing a tough situation, the fight-or-flight response of the brain loves to flare up, making us emotional and reactive.

Overcoming this instinctual emotional response and maintaining composure is important. This activates other parts of your brain, allowing you to recognise hidden opportunities and solve problems in novel ways.

Becoming emotional prevents you from properly accessing your ability to think critically, so having the ability to maintain, or quickly regain, your composure is valuable.



Exercises - Ask Yourself



I USE CALM BREATHING

DO I USE CALM BREATHING?

Purposeful, slow breathing has the power to calm your mind. Try to breathe in for a count of 4, hold for 7, and breathe out to a count of 8. Keep doing this for a few minutes to let your body and mind calm.

I CAN LABEL MY EMOTIONS

DO I LABEL MY EMOTIONS?

We all have emotions and they are far more varied than just feeling 'good' or 'bad'. Learning more about emotions and how to respond to them will help you manage tough situations.

I PRACTICE REAPPRAISAL

DO I PRACTICE REAPPRAISAL?

Research shows us that we can reinterpret disruptive emotions to become more constructive. For example, feeling anxious can be reinterpreted or reconstructed into feeling excited. Notice how anxiety and excitement carry a similar level of intensity, allowing the reinterpretation to feel more authentic.

I PRACTICE MINDFULNESS

DO I PRACTICE MINDFULNESS?

You don't need to be a yogi or meditate all the time to practice mindfulness. At its heart, mindfulness is about experiencing that moment without judgement. Practice doing this so that you can turn it on at any moment, such as when talking with a friend or enjoying a drive or a sunset. It is useful in many situations and can teach your mind to find stillness, even when faced with stressful situations.

Reasoning

Reasoning is about creativity and innovative problem-solving. The utility of these skills when facing challenges is incredible.

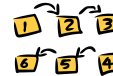
This domain requires the use of Composure, for you to keep your cool, as well as Vision so you know what goals to direct your actions toward. Reasoning helps you see the upside of change, as well as challenge your own beliefs and thoughts.

Reasoning finds creative ways to solve problems when they appear, helping you build resilience ahead of time. Also, thinking ahead about what could go wrong can help you act to prevent issues. After all, a stitch in time saves nine!

RECOGNISE
YOUR STYLE

SYSTEMATIC THINKER

THINKS STEP
BY STEP



- GOOD FOR SOLVING PROBLEMS THOROUGHLY
- ACCURACY OVER SPEED

INTUITIVE THINKER

INTUITIVE
LEAPS



- GOOD FOR SOLVING PROBLEMS QUICKLY
- SPEED OVER ACCURACY



PEOPLE HANDLE STRESS
IN DIFFERENT WAYS.
SOME ARE LESS EFFECTIVE

- FOCUS ON TASK,
NOT EMOTIONS
- DON'T TAKE IT
PERSONALLY
- HOLD YOURSELF TO A
HIGHER STANDARD



I ANTICIPATE CHALLENGES

DO I ANTICIPATE CHALLENGES?

Don't wait until things go wrong before you start figuring out what to do. Many problems can be prevented or prepared for ahead of time. Like how flossing your teeth can prevent needing a root canal.

I AM RESOURCEFUL

AM I RESOURCEFUL?

Being able to solve problems in new and creative ways is a great tool for resilience. We rarely have all the tools we need, so we must learn to use the ones we have in new ways. Be willing to try different things and keep trying if you don't succeed right away.

I CHALLENGE MY BELIEFS

DO I CHALLENGE MY BELIEFS?

Most of our beliefs about the world, ourselves and others are formed when we are very young. As we grow older, we should continually question the basis of our beliefs. Why do I believe this? What is my evidence? Is this belief useful?

I EMBRACE CHANGE

DO I EMBRACE CHANGE?

Change will always occur. Rather than fight it, recognise that it happens, plan for it, and be ready to look for the opportunities in change. Better yet, become an instigator of change, and you can get ahead.

Tenacity

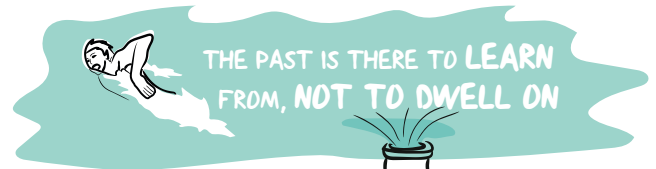
Tenacity is the key. Einstein pointed out the importance of Tenacity for success when he said, that "It's not that I'm so smart, it's just that I stay with problems longer."

Success is not a given. You need to be willing to work hard and smart and stay with a problem if you hope to achieve your vision.

An important part of tenacity is to recognise that things will be tough. You won't always feel motivated. Here, you need to use different skills, such as discipline and willpower, to do what you need to keep going.

CONTINUAL SELF IMPROVEMENT
MEANS HAVING A HEALTHY
RELATIONSHIP WITH MISTAKES

- MISTAKES ARE INEVITABLE
- MISTAKES DO NOT DEFINE YOU
- YOU CAN OVERCOME ANY MISTAKE
- ACKNOWLEDGE MISTAKES
- TAKE OWNERSHIP
- TALK TO PEOPLE
- ADJUST IF NECESSARY



THE PAST IS THERE TO LEARN
FROM, NOT TO DWELL ON

FIND WAYS TO RESPOND
CONSTRUCTIVELY SO YOU
GROW THROUGH ADVERSITY

TENACITY IS MORE IMPORTANT THAN
INTELLIGENCE IN ACHIEVING SUCCESS

Exercises - Ask Yourself



I HAVE REALISTIC OPTIMISM

DO I HAVE REALISTIC OPTIMISM?

Know the path will be tough but be hopeful regardless. Research shows this is a more resilient way to stay motivated and achieve your goals because you won't give up when you face the inevitable challenges along the way.

I LEARN FROM MISTAKES

DO I LEARN FROM MISTAKES?

We all make mistakes, but it's only a mistake if you don't learn from it. A mistake is life's lessons, so own up, fix it (if you can), and learn so you are better in the future. Also, don't beat yourself up after.

I MOTIVATE MYSELF

DO I MOTIVATE MYSELF?

Know yourself well enough to know what motivates you: Setting goals, creating small rewards or getting a group involved. Sometimes you'll need tenacity to achieve your goals when motivation disappears.

I AM GOOD AT TIME MANAGEMENT

DO I MANAGE MY TIME WELL?

Know how to manage your time well. Say 'no' to things that are unimportant. Plan for what you set out to do. Look for more efficient ways of doing tasks. Keep working to master time management skills.

Collaboration

We are social beings. The brain has a deep-seated need for connection with others to be able to thrive. After all, we are in this together and we need each other. The connection we have with others is what the Collaboration domain is about.

Few of us can achieve anything meaningful alone. That's why it's crucial for us to build support networks to achieve your vision.

Technology and online social networks tend to isolate people now more than ever, it is important to make time to talk to people in person. Even if you're very busy, make the time to catch up and build meaningful relationships.

SUPPORT NETWORKS ARE USEFUL FOR **ACHIEVING GOALS**

LETTING OTHERS **KNOW ABOUT YOUR GOALS** MAKES YOU MORE LIKELY TO **ACHIEVE THEM**

ALLOWS OTHERS TO:

- KEEP YOU FOCUSED & MOTIVATED
- CONNECT YOU WITH OTHERS
- RESOURCES & INFORMATION

TALKING TO PEOPLE CAN HELP **SOLVE PROBLEMS FASTER**

BUILDING A SUPPORT NETWORK TAKES **TIME AND EFFORT**

- GET TO KNOW PEOPLE AROUND YOU
- LEARN ABOUT THEM
- LET THEM LEARN ABOUT YOU
- SHARE YOUR GOALS

Exercises - Ask Yourself



I INVEST IN RELATIONSHIPS

DO I INVEST IN RELATIONSHIPS?

We all feel busier than ever and can struggle to fit other people into our schedule. Meanwhile, human contact has proven to be crucial for wellness and resilience. Invest in relationships by prioritising face to face time - flip the script and build your schedule around others.

I INSPIRE TRUST & LIKABILITY

DO I INSPIRE TRUST AND LIKEABILITY?

The way you talk about yourself and others influences how people see you. Are you quick to criticize or compliment? Are you honest? While we don't need to win over every single person, investing in our own integrity will go a long way.

I CAN COMMUNICATE WELL

AM I GOOD AT COMMUNICATING?

None of us are born master communicators - some of us just start practicing earlier, or go through situations that require careful articulation. Anyone can develop great communication skills by getting out there and practicing with people.

I HAVE A MENTOR TO LEARN FROM

DO I HAVE A MENTOR TO LEARN FROM?

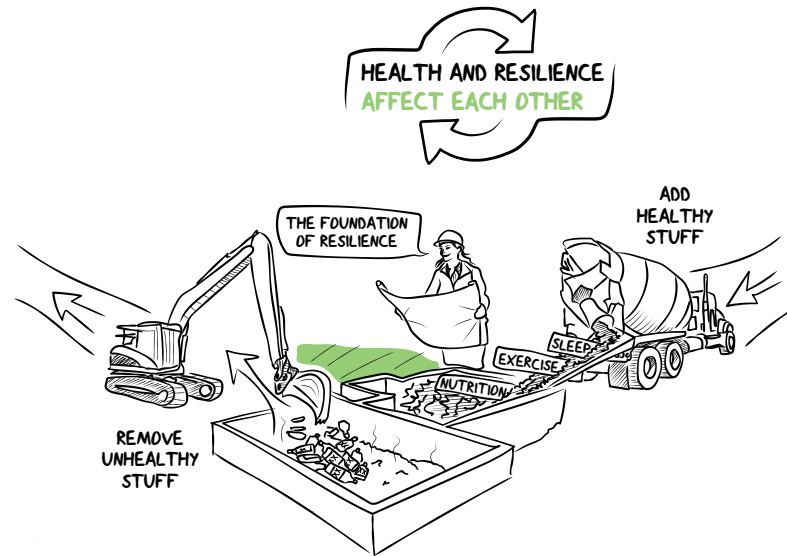
It's always better to learn from someone else's mistakes than to have to make them yourself. Find people who have more experience than you and learn from them. It might help you succeed sooner and achieve more.

Health

The foundational domain. Good health means looking after your body through eating, exercising and getting quality sleep. A healthy body provides a strong foundation for your own resilience so you can focus on your sense of purpose and goals.

Good health is a stepping stone to enable you to achieve your personal vision. You only have one body, so look after it, and it will look after you. Being healthy takes constant investment and resilience to stick to but it is so worth it.

For example, exercise protects against neurodegenerative diseases, such as Alzheimers and Parkinsons disease. So even if you are happy with your body right now, exercise is still important for future brain and body health!



IMPORTANT FOR WELLBEING AND
BRAIN HEALTH - MENTAL FITNESS!

SHORT-TERM BENEFITS

- THINK FASTER AND MORE ACCURATELY
- ENDORPHINS HELP WITH STRESS
- INCREASES BDNF, HELPS BRAIN GROW

LONG-TERM BENEFITS

- PROTECTS AGAINST DISEASES
- IMPROVES NEURAL NETWORK EFFICIENCY
- INCREASES BRAIN SIZE AND CONNECTIVITY



Exercises - Ask Yourself



I KNOW MY HEALTH GOALS

DO I KNOW MY HEALTH GOALS?

Be honest with yourself about your starting point. Maybe eating too many sweets? A medical condition bothering you? Or maybe getting older and the weight doesn't seem to drop off as easily anymore? Know where you are and where you want to be, then work for it.

I GET QUALITY SLEEP

DO I GET QUALITY SLEEP?

Lack of sleep affects your body and mind in many ways. It makes life so much more difficult. But with a good night's rest, you'll feel that you can take on any challenge. Take the time to get good sleep, you'll love yourself for it.

I REGULARLY EAT HEALTHY FOODS

DO I REGULARLY EAT HEALTHY FOOD?

The basics of healthy eating are simple. Stick to whole foods (limit processed foods), and you will notice a change in your health if you reduce your sugar intake. If you can stick to that, you're off to a great start. If you want more variety, start learning about which foods are healthy, and which are not.

I EXERCISE REGULARLY

DO I EXERCISE REGULARLY?

Regular exercise has many benefits. Not only will it make you feel strong and ready for the world, but it also can improve memory and reduce disease risk. Aim for about 4 rigorous sessions per week.

“Persistence and resilience
only come from having been
given the chance to work
through difficult problems.”

GEVER TULLEY



Need help?

From time to time, we all need to talk to someone. All over the world there are people ready to talk and help you through difficult times in your life. Here are a list of hotlines you can reach out to if you need to talk to someone.

Argentina: **022 34 930 430**

Australia: **13 11 14**

Austria: **142**

Belgium: **106**

Bosnia & Herzegovina: **080 05 03 05**

Brazil: **188**

Canada: **1 833 456 4566**

Croatia: **014 833 888**

Denmark: **70 201 201**

Egypt: **7621 602**

Estonia: **372 655 8088**

Finland: **010 195 202**

France: **014 539 4000**

Germany: **0800 1810 771**

Hong Kong: **2382 0000**

Hungary: **116 123**

India: **888 881 7666**

Ireland: **116 123**

Italy: **800 860 022**

Japan: **03 5286 9090**

Mexico: **5255 102 550**

Netherlands: **09 000 767**

New Zealand: **0800 543 354**

Norway: **113**

Philippines: **028 969 191**

Poland: **527 0000**

Portugal: **21 854 07 40/8**

Russia: **0078 202 577 577**

Spain: **914 590 050**

South Africa: **0514 445 691**

Sweden: **46 317 112 400**

Switzerland: **143**

United Kingdom: **08 457 909 090**

USA: **1800 273 8255**

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- Scientifically **measure** your resilience
- **Learn** new techniques and skills
- **Chat** any time with our AI resilience bot



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