



5 TOP TIPS FOR BUILDING RESILIENCE

WORKBOOK

This workbook is designed to get you thinking about your own resilience levels. Answer each of the questions honestly and then reflect on what changes you might need to make to be more resilient.

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1. PUT YOUR OWN LIFE VEST ON FIRST

You can't possibly help anyone else, if you're already drowning! Self-care and appreciation is so important. Watch what you eat, how much exercise you take and monitor how you are feeling day to day. Don't be afraid to ask for help; accept that you can't do everything on your own.

How much time did you make for yourself this week?

When was the last time you asked for help?

On a scale of 1-10, how much do you value yourself?

2. SURROUND YOURSELF WITH POSITIVE PEOPLE

Avoid 'mood-hoovers' (a mood-hoover is someone who sucks the life out of everything!) and hang out with people who have a positive outlook on life. Don't be dragged down by other people's negativity. Choose who you spend time with.

Who do you know that has a positive outlook on life?

What is it that they do or say, that makes you feel this?

What one negative thought could you change to a positive?

3. DON'T LEAVE EVERYTHING TO FATE

Make your own fate by creating realistic goals that will compel you to take action. Believe that you can achieve what you want and take positive and measured steps that are future focused.

What do you want to achieve or change (your goal)?

By reaching your goal, what would this look, sound or feel like for you?

So far, what's stopped you taking action?

4. BE PROACTIVE

Concentrate on the things that you CAN control and not on what you CAN'T. We spend far too much time wasting valuable brain space on things that we can't change. Let those things go and make way for the good stuff. When you identify what it is that you can control, change or influence, take action!

What's bothering or concerning you right now?

Realistically, what can you do to influence or change the situation?

What do you need to let go, to create some valuable brain space?

5. LEARN BY YOUR MISTAKES

If you're not failing, you're not growing. Embrace the things you get wrong and spend time reflecting on what lessons you can learn – and more importantly, how you'll get it right next time.

What did you get wrong recently?

What lessons did you take away from the experience?

What will you do differently if this situation happens again?

If you would like to book a free discovery call with me to talk about how I can help you build your resilience, [click here...](#)

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