

REALITY-BASED RESILIENCE: A SIMPLE TOOL TO OVERCOME OBSTACLES IN CHALLENGING TIMES

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DRAMA AND THE DATA

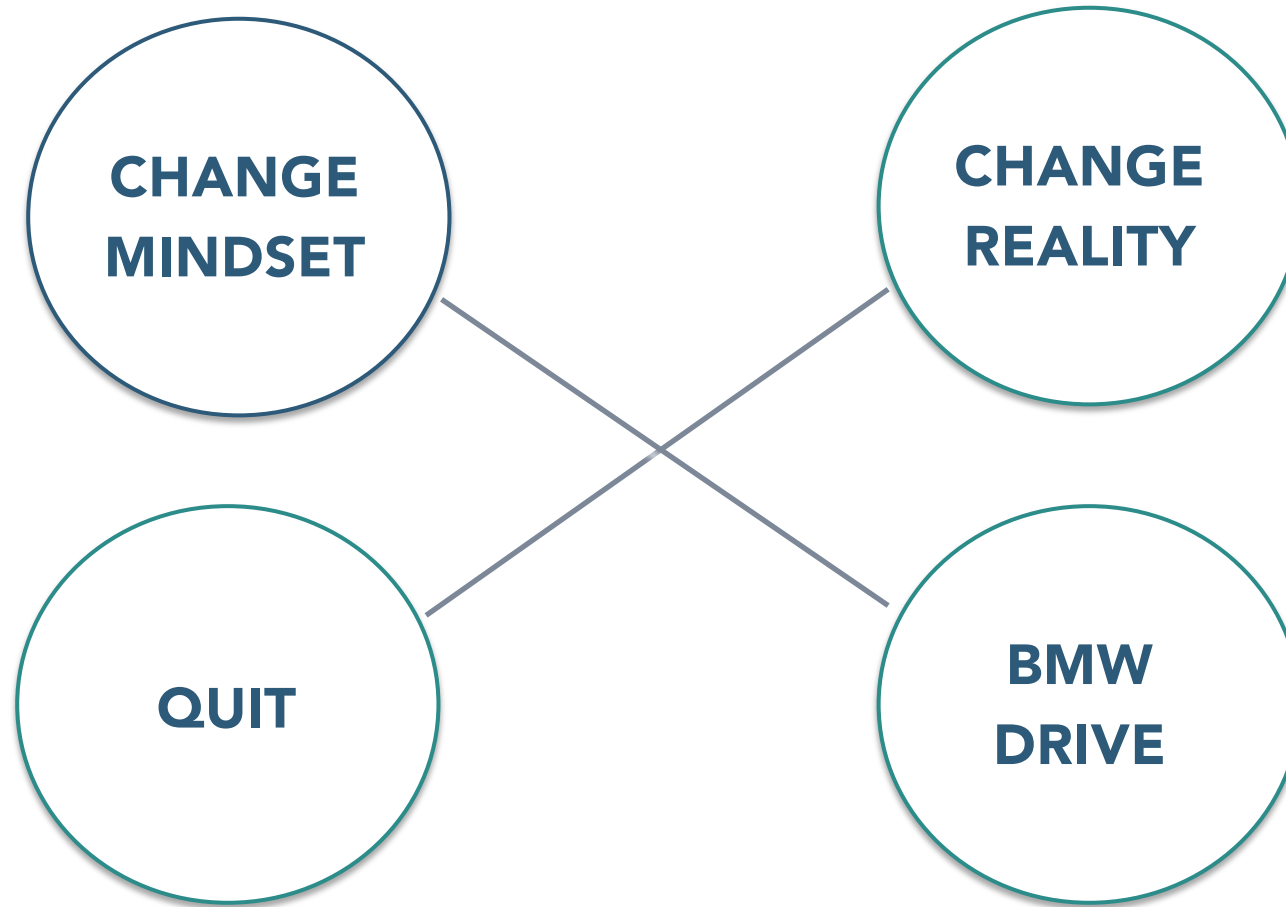
2.5 hours per day

12.5 hours per week

50 hours per month

600 hours per year

TROUBLESOME TRENDS



Your **circumstances** aren't
the reasons you can't
succeed, but the **reality**
in which you must succeed.

RESILIENT PEOPLE:

- 1) Understand how their mind works
- 2) True resilience is more effortless than it seems

Close your eyes. Listen.

DID YOU KNOW?

Your **ego** is NOT your **amigo**.

DID YOU KNOW?

And it eats anger for lunch!

VENTING & SELF-REFLECTION

Venting is the
ego's way of
avoiding self
reflection

Self-Reflection
cultivates
accountability

Accountability
is death to the
ego

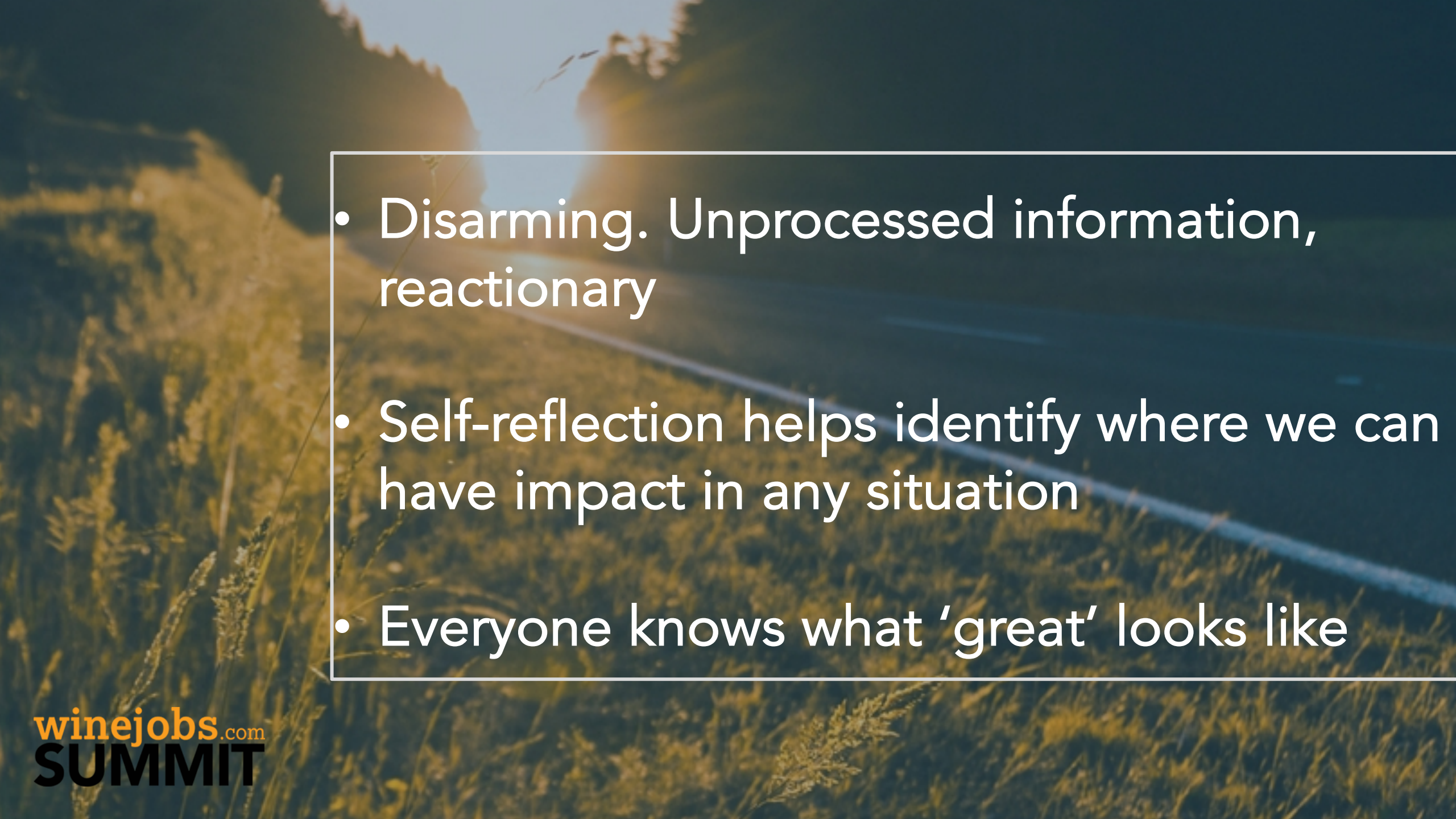
EGO BYPASS TOOL



QUESTIONS FOR SELF-REFLECTION

WHAT WOULD
GREAT
LOOK LIKE?

THEN GO BE **GREAT.**

- 
- Disarming. Unprocessed information, reactionary
 - Self-reflection helps identify where we can have impact in any situation
 - Everyone knows what 'great' looks like

HIGH-SELF

LOW-SELF



QUESTIONS FOR SELF-REFLECTION

What would great look like?

What can I do to help?

What do I know for sure?

What can I do to add value?

PERSONAL ACCOUNTABILITY

COMMITMENT

The willingness to do whatever it takes to get results.

RESILIENCE

The ability to stay the course in the face of obstacles and setbacks.

OWNERSHIP

The acceptance of the consequences of our actions, good or bad.

CONTINUOUS LEARNING

The perspective to see success and failure as learning to fuel future success.

COACHING TECHNIQUE: GIVEN THAT...

- how could we...?
- what ideas do you have?

TOOL:

RESILIENCY BOARDS

**IF CIRCUMSTANCES
WERE PERFECT...**

**Why is it so important
to remove drama?**

INNOVATION
COLLABORATION
TEAMWORK
RESULTS
ENGAGEMENT
ACCOUNTABILITY...

A blue-tinted landscape with rolling hills and a flower in the foreground. The text is overlaid on the upper half of the image.

All that you desire is your
natural state once the
DRAMA IS GONE.