20+ Resilience Hacks

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BECOME YOUR BEST

Introduction



When you're facing uncertainty or setbacks, it's very easy to feel discouraged. I've seen many people give up during the process due to lack of resilience. And there's nothing worse than giving up when you're so close to success. I will share with you 20+ resilience hacks that you can use whenever you encounter setbacks to get yourself up again and keep pushing forward towards success!

Refer to these when you feel like giving up, and look at list – are there particular hacks that stand out to you? Are there any you can turn into a regular habit, or practise enough so that you can flex it – on 'autopilot'?

20+ Resilience Hacks!

01 Look at your big picture vision – picture where you want to be to keep you going.

02 Immediately reframe negative phrases such as 'I give up' into more positive phrases, for example 'I am making progress towards my goals'.

03 Count your blessings – each day write down 5 things you are grateful for. No time to write – keep a list on your phone, or say them to yourself.

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04 Look back at the progress you have made in this situation or other situations – notice 3 things you can be proud of.



05 If you are worried about something, how bad would it actually be, or feel? For how long? Is it really that bad? How likely is it?



06 If you are feeling 'less than' – accept it for now. Try not create an internal battle or push it away, or distract yourself. What message does this negative feeling have? Write it down. Tell yourself, 'I accept I feel low right now, but I know this is not forever'.



07 Practise mindfulness. This means stopping and being in the moment. Try not to let your thoughts run away with you. Stop, take deep breaths, move away from electronic devices, and be present. You can do this at any time, and with anything. For example, if you are eating, fully engage with what you are eating and the sensations, rather than rushing.



08 Find reminders. This can be a favourite quote, an object. For example, I always have a laughing buddha on my desk to remind me to be present and that everything is working out as it should be.



09 If something does go 'wrong' then reframe this as progress. Setbacks are part of progress. What can you learn? What would you do differently. Use the information you glean wisely – and be your own guide.



10 If you have something troubling you, write it down. Write a short note about it. What happened, who was involved, what do you understand about the situation, what thoughts are you having? How do you see your future now? And try and be very objective afterwards – how true is what you have written, is it truly objective and realistic?



11 To make a career change or reinvention – look at your current skills. What new skills may you need to start building your dream career. Write it down.



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12 Look at the past – what skills and strategies have worked before? What can you use now?



13 Look at a role model – how do they handle setbacks, what resilience hacks do you think they use – what can you borrow from them, what skill do they have that you can build in yourself?



14 What do you do when you are 'in the flow' or 'in the zone' – what do you love doing? Can you bring some of that to bear on this situation, or your current situation? Is there something you need to do more of?



15 Let it go. Take in a deep breath and exhale. Make a noise, a movement or go for it – grumble to a friend to let it out. What do you notice about what you are saying about this situation?



16 When you are completing a task, for example finishing a document, cleaning your car – stay with the feeling of satisfaction and contentment that this task brings you.



17 Notice positive aspects each day. This can be the colour of the trees. When you feel yourself getting frustrated just stop to notice anything around you – the blue sky, the sound of chatter. Doing this regularly will start to retrain your mind to seek out the positive.



18 Strive to be empathetic and compassionate to others, rather than dismissive. Everyone is on their own journey and may not be in the same place as you. Stay with that feeling of empathy and compassion for a while.



19 Avoid words such as 'must', 'need', 'should' as these can put pressure on you. Recognise what you like, and think about what you 'want' and 'would like' without putting pressure on yourself. Just recognise what you like, and recognise how that feels to you.



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20 Trying and keep any problems in perspective – one setback means you can get back on track and setbacks are a part of life, especially when trying something new.

21 If you don't like something, or it's not going your way – take action, take steps to remedy it, rather than burying your head in the sand. Don't blame others – what can you do to get on the front foot?

22 Keep taking small steps to your goals – small steps chalk up to big progress – just keep moving forwards, you are doing great!

Let me know if you have any tips that also work for you!
And keep going!

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