

Bouncing Back Can Hurt!
How to Discover Your Resilience
When the Going Gets Tough



Activity Guide & Journal

How to Discover Your Resilience When the Going Gets Tough

How do you react when you encounter bumps in the road?

Are you able to deal effectively with adversity and challenges without going to pieces?

Or, could you use some help in finding your inner strength?

Try these ideas to tap into your personal reserves whenever the going gets tough.

Step 1

Take some time to ponder the present dilemma. What do you see as the real issue? Are you making a mountain out of a mole-hill? How can you focus your efforts and actions to resolve the current event that's troubling you? Make some notes about the thoughts that come to you below.

Step 2

Acknowledge your fears about the troublesome situation. What fears are coming up for you? Fear of the unknown? Fear of failure? Fear of success? Fear that you're not good enough? Fear that you're not smart enough? What else? Be brutally honest with yourself so you can become aware and decide how to overcome the fear that has you stuck.

Step 3

Brainstorm as many options as you can because it's an excellent start to finding a workable solution.

Options

From the options list above, what are your top three options? List pros/cons for each.

Options	Pros	Cons

Step 4

List all the negative thoughts that pop into your head on the left, then turn them into positive beliefs on the right. [journal section—two columns labeled negative thoughts/positive beliefs—5 lines]

Negative Thoughts	Positive Thoughts

Step 5

List three to five small steps you can take now to address your current situation. When you focus your energy on what's most important and on what you can do at this moment, it puts you in the driver's seat.

Steps I Can Take Now

Step 6

List your top five life values to guide all your choices and decisions so you are always in alignment with your core beliefs. I believe this is so important that I devote a deep self-assessment to identifying your core values in my 5 Petals of Power program with my clients.

Top 5 Core Values

Step 7

So you always know whom to call when you need support, make a list of at least five people you trust to tell you the truth, have your back no matter what, and are in alignment with what you value most.

My Personal Board of Directors

Step 8

You may not need to write a list of what soothes your spirit—you probably know very well what those things are, but if you need a reminder, I've given you space here to jot down some of your favorite activities that recharge and renew you. At a time that you're looking for a reminder of what to do, you'll have your list to reference. [journal section—labeled 10 Things that Soothe My Spirit—10 lines]

Things That Soothe My Spirit

Step 9

Make notes about several of the difficult times you've experienced and what skills you used or developed that got you through successfully. [journal section—labeled Embrace Your Inner Strength—two columns labeled Difficult Situation Description & Skills I Used to Overcome It—5 lines]

Embrace Your Inner Strength

Difficult Situation Description	Skills I Used to Overcome It

~ Next Step ~

Now that your contingency plan is outlined, you may be thinking that you're ready to take another step. So, I've created a tool that will help you do that.

If you're thinking things like...

- I feel stuck and don't know why.
- I know I need to change something, but I don't know what it is or where to start.
- I want to feel more confident.
- I want to trust my instincts to make good decisions.
- I want to figure out what's missing and how to bring it into my life.

...then it's time to take the next step.

**After working with me, my clients
know who they are,
what they want,
and how to get it.**

And each one started with a small step like this one.

The Seedling Starter Course

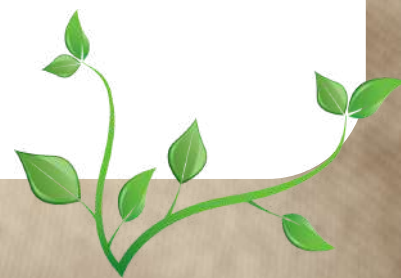
This online, self-paced introduction to my "5 Petals of Power Program" contains three powerful activities that include:

- Guided video lessons
- Downloadable activity guides, and
- Journal pages to record your answers and insights

These exercises will help you understand where you are today and outline where you want to be in the next 3 to 6 months. They will also help you understand which areas of your life need your attention first. Then, you'll identify exactly who you need in your corner to support you as you move through your journey, so you're never alone!

Once you complete the Seedling Starter Course, you'll be on your way to identifying your choices and making effective decisions with more clarity and confidence.

[Click Here to Get the Seedling Starter Course for \\$47 >>>](#)





Certified Life & Career Coach for Women—Specialty: Transitions

María Tomás-Keegan

Sometimes it's hard to know what you should do next when you're hungry for a change.

I can help you to explore your options and figure out what the next best step is for you right now.

If having that clarity is what you want, click the link below to schedule a time to chat.

[Click Here to Schedule a Complimentary Chat with Me](#)

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