The background of the slide features a close-up photograph of two small, young plants with vibrant green, oval-shaped leaves. They are growing out of dark, parched earth that is deeply cracked, symbolizing resilience and growth in difficult conditions. The lighting is soft and warm, highlighting the texture of the soil and the freshness of the foliage.

Resilience: Part Two

----- For Young Adults -----



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Visualizing Your Goal

STEP 1: Ask someone to guide you through the following script.

To begin, take a moment to get comfortable in your seat, and gently close your eyes. Take a few deep, slow breaths, and allow yourself to relax. I'm going to speak to you for the next little while, and all you need to do is listen, and imagine. Do your best to avoid falling to sleep. Simply relax and imagine. OK, I'd like you to think about a goal that you want to accomplish in the next year of your life. This might be a relationship goal, an educational goal, a personal goal, or a work-related goal. Take a moment to bring this goal forward and visualise it in your mind's eye.

(30 secs)

Now, with this personal goal in mind, I would like you to imagine yourself going forward in time, into the future... going forward one week... two weeks... three weeks.... And four weeks... it's now one month into the future, and you have started working towards achieving your goal - you are on the road to success. What decisions have you made? What actions have you taken? And how does it feel to be on this road to success?

(30 secs)

Now, using your imagination, continue going forward in time... until you are 6 months into the future. You are significantly closer to achieving your goal. You are starting to feel the benefits of all of your efforts. What is this like? How does it feel to be this much closer to your goal? Allow yourself to notice any feelings or emotions tied to this moment.

(30 secs)



Now, I would like you to continue going forward in time, until you reach one year from now. Here, you have fully accomplished your goal. You have achieved success! Visualise yourself in your mind. Where are you, and what are you doing? Who are you with, if anyone? What are people saying to you? And what are you saying to them.

(15 secs)

And how does reaching your goal feel? What emotions are tied to this achievement? Perhaps there are feelings of pride, joy, contentment, or satisfaction.

(30 secs)

Now, I would like you to look back on your journey. Look back on the process of achieving this goal. Look back on all your hard work and effort, and consider how you reached your goal, step-by-step. What were the little things you did, day-by-day, to achieve success? What did you do at work? What did you do in your relationships?

(15 secs)

And what did you do internally to achieve success? How did you manage difficult thoughts, and emotional obstacles? What coping strategies did you use? Take a moment to consider all the things that helped you manage the personal challenges that appeared along the way.

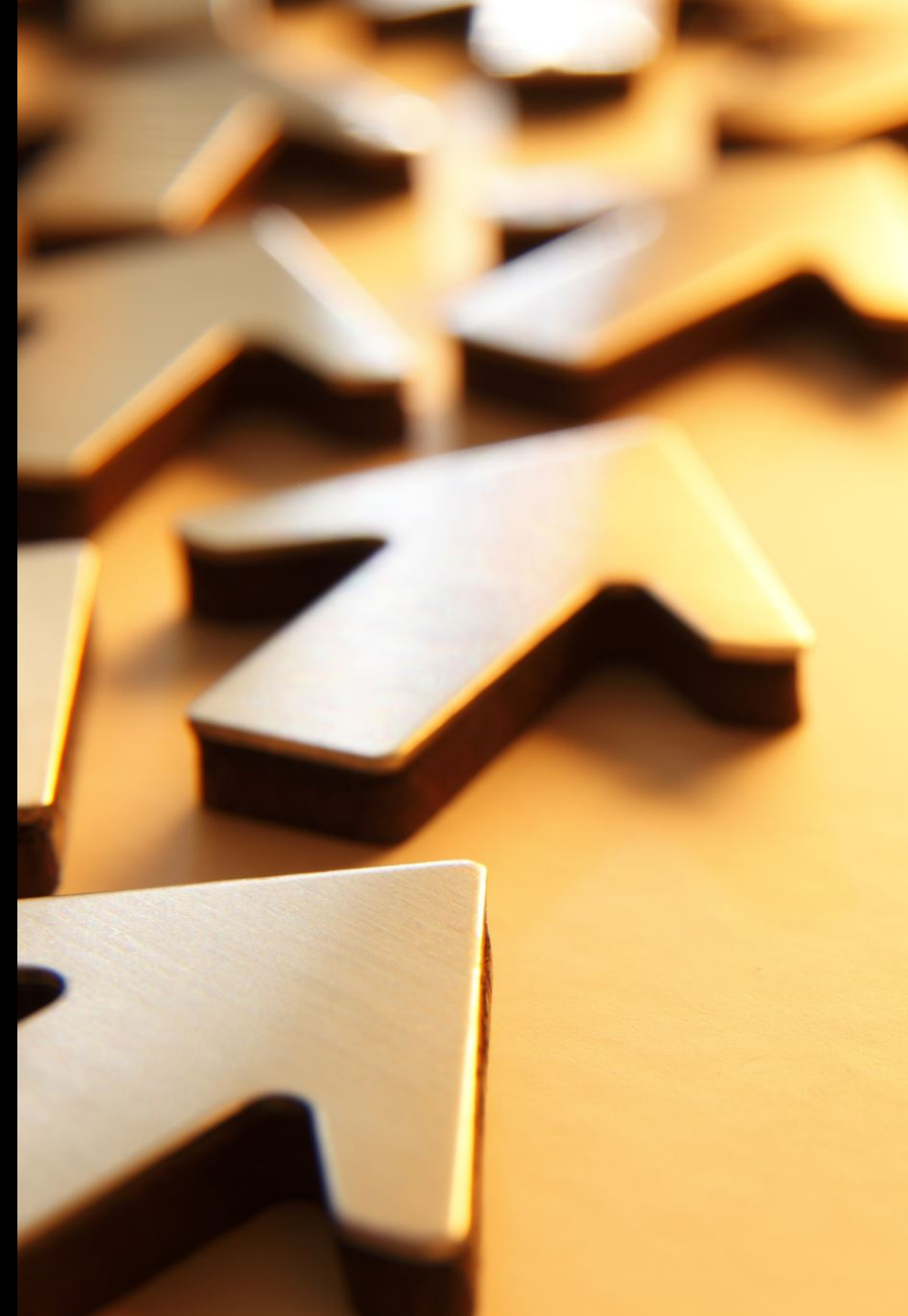
(30 secs)

Good. Now, as the exercise comes to an end, take a deep, slow breath. And when you are ready, gently open your eyes



STEP 2: Answer the following questions.

1. How was it to do this visualisation?
2. Is there anything you learned from this exercise?
3. Are there any insights that you can use to move closer to your goals? If so, list them.



Doors Closed Doors Open

Think about a time in your life where someone rejected you or you missed out on something important or when a big plan collapsed. These would be points in your life where a door closed. Now think about what happened after: what doors opened after? What would have never happened if the first door didn't close? Write down these experiences in the spaces below (write as many experiences as possible that come to mind).

1. The door that closed on me was:
2. The new door that opened for me was:



Now, reflect upon your experiences and respond to the following questions:

- What led to the door closing? What helped you open the new door?
- How long did it take you to realize that a new door was open?
- Was it easy or hard for you to realize that a new door was open?
- What prevented you from seeing the new open door?
- What can you do next time to recognize the new opportunity sooner?
- What were the effects of the door closing on you? Did it last long?
- Did the experience bring anything positive?
- Which character strengths did you use in this exercise?
- What does a closed door represent to you now?
- What did you learn from the door closing?
- Is there more room for growth from these types of experiences?
- Is there a closed door that you still wish to see open?

Now think of all the people that have helped you open doors in the past. What did they do to help you? And what could you do to help others?



Using Values to Build Resilience

The goal of this exercise is to help you manage a challenging life event by connecting to what is important to you. That is, connecting to your values.

STEP 1: Describe the challenging life event

Take a moment to consider a challenging event that is currently taking place. For example, you may have recently lost your job. Briefly describe the stressful event on a piece of paper.

STEP 2: Identify reasons to get through the challenge

Consider why it is worth it to you to persevere and get through this challenging life situation. For example, getting through the challenge of losing a job and finding a new one may be worth it to you because you want to be there for your family, you want to be a role model for your son, and you want to contribute to the world. Come up with as many reasons as you can, and list them on a piece of paper.



STEP 3: Identify values

Your values are the things that you consider to be important in life, such as honesty, kindness, care, autonomy, helping others, and financial independence. With consideration to the reasons you listed in step 2, think of values that capture the essence of each of these reasons. For example, if you listed that you want to be there for your family, the value could be “caring”. Note, finding the perfect value for each reason is not so important; what matters is if the value makes sense to you personally. It should also be noted that there may be more than one value per reason. A list of common values is displayed on the next page.

The values that make persevering through the challenge worth it to me:

STEP 4: Staying in touch with values

When stressful life events occur, it can be difficult to stay connected to our values. The stress that results from stressful events can absorb so much of our attention that we lose track of what is truly important to us. And yet, values can serve as a light in the darkness of stressful times, reminding us why is it worth fighting for something, to keep going and to take responsibility.

This step involves creating a visual reminder of the values you specified in step 3. Using a blank piece of paper (either an individual sheet of paper or a page in a journal), represent your values visually in a way that you chose. You might like to use illustrations, photographs, or words (or a combination of these). You may also consider creating a digital representation of your values, for example by using PowerPoint. Allow yourself to be as creative as you like here, ensuring that however you choose to represent your values resonates with you personally.

After you have completed your visual values reminder, you can put it somewhere where you can see it every day (e.g., on the refrigerator or office desk). In this way, it can help you to stay in touch with what makes your struggle worth going through.

Acceptance	Courage	Genius	Optimism	Smart
Accomplishment	Courtesy	Giving	Order	Solitude
Accountability	Creation	Goodness	Organization	Spirit
Accuracy	Creativity	Grace	Originality	Spirituality
Achievement	Credibility	Gratitude	Passion	Spontaneous
Adaptability	Curiosity	Greatness	Patience	Stability
Alertness	Decisive	Growth	Peace	Status
Altruism	Decisiveness	Happiness	Performance	Stewardship
Ambition	Dedication	Hard work	Persistence	Strength
Amusement	Dependability	Harmony	Playfulness	Structure
Assertiveness	Determination	Health	Poise	Success
Attentive	Development	Honesty	Potential	Support
Awareness	Devotion	Honor	Power	Surprise
Balance	Dignity	Hope	Present	Sustainability
Beauty	Discipline	Humility	Productivity	Talent
Boldness	Discovery	Imagination	Professionalism	Teamwork
Bravery	Drive	Improvement	Prosperity	Temperance
Brilliance	Effectiveness	Independence	Purpose	Thankful
Calm	Efficiency	Individuality	Quality	Thorough
Candor	Empathy	Innovation	Realistic	Thoughtful
Capable	Empower	Inquisitive	Reason	Timeliness
Careful	Endurance	Insightful	Recognition	Tolerance
Certainty	Energy	Inspiring	Recreation	Toughness
Challenge	Enjoyment	Integrity	Reflective	Traditional
Charity	Enthusiasm	Intelligence	Respect	Tranquility
Cleanliness	Equality	Intensity	Responsibility	Transparency
Clear	Ethical	Intuitive	Restraint	Trust
Clever	Excellence	Irreverent	Results-oriented	Trustworthy
Comfort	Experience	Joy	Reverence	Truth
Commitment	Exploration	Justice	Rigor	Understanding
Common sense	Expressive	Kindness	Risk	Uniqueness
Communication	Fairness	Knowledge	Satisfaction	Unity
Community	Family	Lawful	Security	Valor
Compassion	Famous	Leadership	Self-reliance	Victory
Competence	Fearless	Learning	Selfless	Vigor
Concentration	Feelings	Liberty	Sensitivity	Vision
Confidence	Ferocious	Logic	Serenity	Vitality
Connection	Fidelity	Love	Service	Wealth
Consciousness	Focus	Loyalty	Sharing	Welcoming
Consistency	Foresight	Mastery	Significance	Winning
Contentment	Fortitude	Maturity	Silence	Wisdom
Contribution	Freedom	Meaning	Simplicity	Wonder
Control	Friendship	Moderation	Sincerity	
Conviction	Fun	Motivation	Skill	
Cooperation	Generosity	Openness	Skillfulness	



Resilience Journal

Keep a resiliency journal to reference periodically. Write down a list of accomplishments, goals, and special achievements. Make note of challenges and how things worked out, from any time of your life. For example, learning a new game, completing a difficult project, having a tough conversation, finishing a race, acing a hard test, etc.

Refer to it to energize you and promote confidence as you face new challenges. Keep your journal handy so you can add accomplishments to it throughout your life and career.

Mental Toughness Activity

Start with a centering breath. Breathe in for six seconds. Hold it for two seconds. Breathe out for seven seconds.

Recite a personalized identity statement that emphasizes a positive quality and specifies something you want to become in five seconds, such as “I am confident and passionate,” or “I’m consistently excellent every day as a leader, executive, and mother.”

Visualize your personal highlight reel for 60 seconds—thinking of three things you’ve done well in the past day. Mentally rehearse three important things you need to do today. Repeat your identity statement for five seconds. Finish with another centering breath cycle—breathing in for six seconds, holding for two and then exhaling for seven.





Finding the Silver Lining

1. Set aside 10 minutes daily for three weeks
2. List five things that make you feel like your life is enjoyable, enriching, and/or worthwhile at this moment. These things can be as general as “being in good health” or as specific as “drinking a delicious cup of coffee this morning.”
The purpose of this first step is to help you shift into a positive state of mind about your life in general.
3. Next, think about the most recent time when something didn’t go your way, or when you felt frustrated, irritated, or upset.
4. In a few sentences, briefly describe the situation in writing.
5. Then, list three things that can help you see the bright side of this situation. For example, perhaps you missed your bus this morning. Three ways to look on the bright side of this situation might be:
 - 1) Even though you missed the bus, you got some good exercise when you were running to catch it.
 - 2) You’re fortunate to live in a city where there was another bus just 10 minutes later, or where buses run reliably at all.
 - 3) Ten years from now, you likely won’t remember what happened this morning.

Design a Flow Activity

“Flow” is the term used by researchers for optimal states of consciousness, those peak moments of total absorption in an activity.

Research across various domains has shown the positive impact of experiencing a flow state on resilience.

Seek out a new flow experience that optimally engages your attention and leaves you with a sense of accomplishing a goal. As you explore new flow activities, consider the following criteria:

- A task requiring skill and concentration
- Involves intense focus
- Is goal-directed
- Provides ongoing feedback
- Can feel both challenging yet effortless
- You feel in control
- You lose track of time

