Step 1:

Pick an everyday activity that is enjoyable and fulfilling and that you have a lot of experience with. Something that you keep going to even when you’re tired or frustrated because you love it.

When obstacles get in the way of you engaging with this activity what are some of the strategies, attitudes, and assumptions that help you overcome them?

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| --- | --- |
| List your resilient strategies, behaviours, and attitudes | 1.2. 3. 4.5.6.7.8.9.10. |

Step 2:

Identify everyday obstacles that you face such as being stressed about an assignment or feeling like you’re getting sick. How do you persist in the face of these obstacles, or how do you face them head on? What are the behaviours thoughts, assumptions, feelings/attitudes that keep you on track?

Challenges

|  |  |  |  |
| --- | --- | --- | --- |
| Identify Obstacles(e.g. stress about an assignment making me want to skip a fitness class) |  |  |  |
| When this happens, I feel:(e.g. demotivated, overwhelmed) |  |  |  |
| What keeps me going:(e.g. knowing I will feel energized after) |  |  |  |
| Behaviours(e.g. pumping myself up with music) |  |  |  |
| Thoughts(e.g. This class is something I love, and it will be fun) |  |  |  |
| Assumptions (e.g. Taking a 1hr break from school will not stop me from being successful on this assignment) |  |  |  |
| Metaphors/Feelings/ Attitudes(e.g. It will be ok. It’s ok to feel conflicted about priorities) |  |  |  |

Step 3:

What are some challenges or difficulties that you can see facing in the coming months?

Step 4:

Apply your strategies to future challenges. Thinking about the challenges in step 3, how would you use your strengths, behaviours, thoughts, attitudes and/or assumptions you have about success, and your beliefs about the importance of the activity, to help keep you going even if aspects of the situation can’t be changed? Instead of focusing on how you would overcome the obstacle, how would you persist in the face of the challenge it presents?

*E.g. Receiving critical feedback on an essay. I can’t argue with the professor to change the grade, but I can trust in my ability as a hard worker to put in more effort next time. I can give myself time to take breaks and let my brain reset to think of new ideas.*