



— the —
RESILIENCY
solution

Resiliency Roadmap

**WORKBOOK GUIDE FOR 7-DAY
RESILIENCY TRAINING COURSE**



THE RESILIENCY SOLUTION

Resiliency Roadmap

Workbook Guide for 7-Day Training Course

Table of Contents

Note From the Author.....	3
How to Get the Most From this Workbook.....	4
Day 1: Resiliency Framework	5
Day 2: Finding Yourself	7
Day 3: Time to Regulate	10
Day 4: Importance of Creativity	12
Day 5: Lead With What You're Good At	14
Day 6: We All Need Someone Sometimes	15
Day 7: Expecting Good Things	17
Appendix	19
Resiliency Resource Guide	20
Noticing Your Physical Self	22
Noticing Your Emotional Self	23
List of Character Strengths	24



Note from the Author

For many years now, I have sought to make systemic change in the world. This course is yet another pebble creating ripples of healing to spread the reach of this work. My hope is that something within will strike a chord for you and those in your life, serving to make us all more resilient.

Be Resilient,

A handwritten signature in blue ink, appearing to read 'P. Jeffs'. The signature is fluid and cursive, with a large loop at the end.

Dr. Patrick Jeffs



How to Make Best Use of this Course

This course was designed with a few thoughts in mind:

1. Everyone is different. Everyone has come to this course for different reasons. Everyone has had different life experiences to view this course through. And everyone learns differently. It was our attempt to build this course with all these things in mind.
2. We present information in different ways intentionally and hope you find the way that you best connect to this material. Don't think you have to do every part to become more resilient.
3. Expect the following general daily layout:
 - Intro to that day's topics
 - Primary takeaways
 - Short activity to for a primer on that day's resiliency topic
 - New learning (online version will include videos)
 - Expanded activity or practice for that day
 - Tips on how to be most successful or areas to look out for
 - Deeper dive. If that day's topic is something you'd like even more work on, I include a way to return to the topic with expanded reading or learning.
 - Quote of the day. Important to end each lesson with some words of wisdom.
4. Lastly, share what you're learning. The more those in your life are also practicing being more resilient everyday, the easier these changes will happen.



Day 1

Resiliency Framework

Getting Started with Resiliency

Today we will jump right back with why building resiliency is so important. Hopefully parts of this will seem familiar and are meant to re-focus your attention to your self-growth.

The best time of the day to engage with this course is in the morning before the day gets going. You will be most successful if you set aside about 15 minutes each morning to work through each pillar of resiliency.

Primary takeaway:

A key component to improving your daily resiliency is increasing your ability to be present. When beginning each day's lesson, start with 1 minute to look around the space you're in and settle into what you're doing. Visually notice what's around you. Do you notice sounds? Tastes? How are you feeling? Rested? Tired? Focused? Excited? This contributes to a sense of safety which is at the core of being resilient. Notice details. And notice your breath.

In the Moment Challenge

Pick One Area of Life to Focus On

While the skills you'll develop over the next 7-days are aimed at being utilized in many aspects of your life, for the exercise of learning during this course, pick one area of life to focus on.

A few examples can be:

- Reducing stress at work
- Increased patience at the end of the day
- Better mental clarity under pressure

Target area of focus:

Today's Challenge:

Name 1-3 times in your life when you've successfully been resilient. Write a few words on what contributed to these.

1.

2.

3.

Your Resilient Words:

Most importantly, increasing your resilience will take practice.

This course is meant as a personal outline to being your path. Daily options to take a deeper dive into each pillar was included as a way of further developing skills in a particular area.

Challenge For the Week

End Your Day with 3 Good Things

Review video on 3 Good Things and complete daily

Deeper Dive

"Why Zebras Don't Get Ulcers." Dr. Robert M. Sapolsky

“

*Do something everyday that nourishes your spirit,
opens up your heart, and builds mental resiliency.*

”

Les Brown, @thelesbrown

