

Leading with Resilience During Times of Change

- WORKBOOK -



The purpose of this workbook is to explore how you can build more resilience as a leader and bring this experience to your team.

This workbook is confidential to you and does not need to be shared with, or submitted to Yes to Health Co.



TABLE OF CONTENTS

| | |
|---------------------------------|----|
| Life Role Inventory | 3 |
| What is your Gift | 5 |
| What do you Value | 6 |
| Identifying your Core Values | 7 |
| Letting Go | 10 |
| Identifying your "Superpowers" | 11 |
| What is your Purpose | 13 |
| Defining your Successful Self | 15 |
| Defining your Mission Statement | 17 |
| Mind Sculpture - How to Guide | 18 |
| Daily Gratitude Log | 19 |
| Goal Setting | 20 |
| Weekly Health Challenge | 21 |

Life Role Inventory I.

Take stock of all the roles you currently play in your life.

Make a few comments about the impact you bring and contribution you make to each life role.

Rate your level of satisfaction within each life role out of 10.

FRIEND:

/10

PARENT:

/10

PARTNER:

/10

LEADER / MANAGER:

/10

FAMILY MEMBER:

/10

Life Role Inventory II.

List any ways you would like to make changes to any of your current life roles.



COMMUNITY MEMBER:

/10

LEARNER:

/10

MENTOR:

/10

LIST ANY WAYS THAT YOU WOULD LIKE TO CONTRIBUTE MORE OR DIFFERENTLY TO ANY OF THE ABOVE ROLES:

What is your Gift?

What do you do
with grace and
ease?

What are you
known for?

What makes you
feel blissful?



WHAT IS ONE THING YOU ARE EXCEPTIONALLY GREAT AT?

HOW DO THOSE AROUND YOU BENEFIT FROM THIS GIFT?

WHEN ARE YOU MOST OFTEN EXHIBITING OR USING THIS GIFT?

LIST ANY WAYS THAT YOU WOULD LIKE TO BRING MORE OF THIS
GIFT INTO YOUR DAILY LIFE AND RELATIONSHIPS:

What do you Value?

Family

Health

Finances

Work

Travel

Friendships

Hobbies

Community

Learning

WHAT THREE THINGS IN YOUR LIFE DO YOU VALUE MOST?

HOW ARE YOU MAKING THESE THREE THINGS A PRIORITY?

WHAT DO YOU VALUE THAT'S MISSING FROM YOUR LIFE?

IF YOU STARTED SAYING YES TO THE THINGS YOU VALUE MOST, AND ADDED WHAT'S MISSING, HOW WOULD YOU FEEL?

Identifying your Core Values

Part I



IF YOU FOUND OUT YOU HAD 1 YEAR LEFT TO LIVE, DESCRIBE
HOW YOU WOULD SPEND YOUR TIME:

WHO WOULD YOU SPEND IT WITH?

WHAT WOULD YOU START DOING MORE OF THAT YOU ARE NOT
DOING TODAY?

Identifying your Core Values

Part II.



FROM THE VALUES LISTED ON PAGE 9, WHICH RESONATE MOST WITH YOU? PICK 15 MAX.

FROM YOUR VALUES LISTED ABOVE, IDENTIFY YOUR TOP 5

HOW WOULD YOU LIKE TO START INCORPORATING THESE 5 VALUES MORE INTO YOUR EVERY DAY LIFE (E.G. AT WORK, HOME, ETC.)

Example Core Values

Part III.



Abundance
Acceptance
Accountability
Achievement
Advancement
Adventure
Advocacy
Ambition
Appreciation
Attractiveness
Autonomy
Balance
Being the Best
Benevolence
Boldness
Brilliance
Calmness
Caring
Challenge
Charity
Cheerfulness
Cleverness
Community
Commitment
Compassion
Cooperation
Collaboration
Consistency
Contribution
Creativity
Credibility
Curiosity

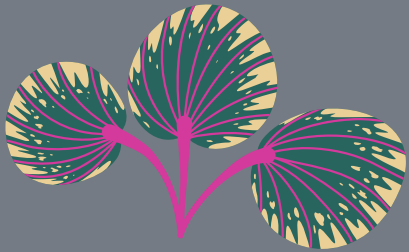
Daring
Decisiveness
Dedication
Dependability
Diversity
Empathy
Encouragement
Enthusiasm
Ethics
Excellence
Expressiveness
Fairness
Family
Friendships
Flexibility
Freedom
Fun
Generosity
Grace
Growth
Flexibility
Happiness
Health
Honesty
Humility
Humor
Inclusiveness
Independence
Individuality
Innovation
Inspiration
Intelligence

Intuition
Joy
Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Making a Difference
Mindfulness
Motivation
Optimism
Open-Mindedness
Originality
Passion
Performance
Personal Development
Proactive
Professionalism
Quality
Recognition
Risk Taking
Safety
Security
Service
Spirituality
Stability
Peace
Perfection
Playfulness
Popularity
Power

Preparedness
Proactivity
Professionalism
Punctuality
Recognition
Relationships
Reliability
Resilience
Resourcefulness
Responsibility
Responsiveness
Security
Self-Control
Selflessness
Simplicity
Stability
Success
Teamwork
Thankfulness
Thoughtfulness
Traditionalism
Trustworthiness
Understanding
Uniqueness
Usefulness
Versatility
Vision
Warmth
Wealth
Well-Being
Wisdom
Zeal

Letting Go

What and who do you need to let go of in order to live your best life and become your best self?



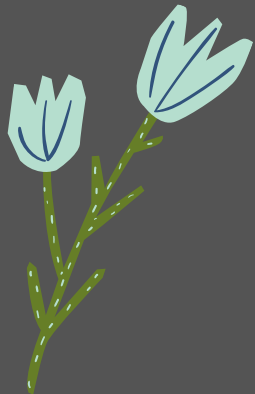
WRITE DOWN WHAT IS CURRENTLY IN YOUR LIFE TODAY, BUT SHOULDN'T BE (LIST OBJECTS, PEOPLE, EMOTIONS, ROLES, ETC.)

WHAT ACTIONS WILL YOU START TAKING TO LET GO OF THE ABOVE?

What is your Purpose?

Part I.

Answer the following questions to reflect on what makes your heart sing - and how you can share this with the world!



WHAT MAKES YOU SMILE?

NAME THE TOP 3 ACTIVITIES THAT MAKE YOU LOSE TRACK OF TIME:

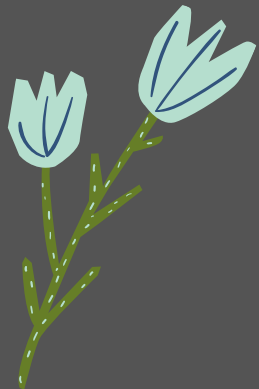
WHAT MAKES YOU FEEL GREAT ABOUT YOURSELF?

WHO INSPIRES YOU MOST?

HOW WOULD YOU DESCRIBE THOSE WHO YOU ADMIRE MOST?

What is your Purpose?

Part II.



WHAT ARE YOU NATURALLY GOOD AT?

WHAT DO YOU ENJOY GIVING OR DOING FOR OTHERS?

WHAT HELPS YOU TO OVERCOME LIFE'S CHALLENGES?

IN WHAT WAYS WOULD YOU LIKE TO START SHARING YOUR NATURAL TALENTS WITH OTHERS?

WHAT IS ONE ACTION YOU CAN TAKE TODAY TO ACCOMPLISH THIS?

Part I.

DEFINING YOUR SUCCESSFUL SELF

Invisioning your most successful self and building affirmations to help strengthen that vision.

Describe, in detail, how your successful self is acting, thinking and showing up:

What are 3 things you can start doing today to bring you closer to your successful self?

Make a list of the top 10 accomplishments you've had in your life and career so far:

For each accomplishment, name the primary characteristic that helped you to experience success:



Part II.

DEFINING YOUR SUCCESSFUL SELF

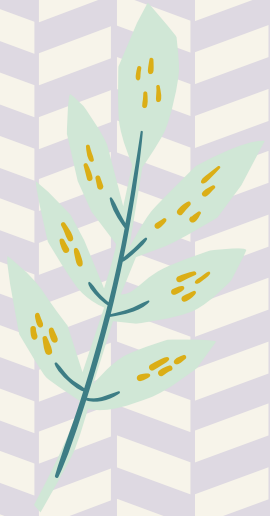
Invisioning your most successful self and building affirmations to help strengthen that vision.

What makes you special? Describe your most positive traits in detail:

Write 3 daily affirmations that will remind you of what makes you special and will contribute to your success:

Repeat the following affirmations EVERY day:

- I am achieving the purpose of my life and my goals. I am making persistent, and continuous action towards its attainment.
- I realize the dominating thoughts of my mind will reproduce and recreate my reality.
- I am developing the self-confidence I need to achieve success and positivity in my life.
- I will never stop trying until I have developed enough self-confidence for its attainment.
- I am manifesting my dreams and living my best life.



Defining your Mission Statement

Now that you have a clear idea of the vision of the life you want to create for yourself, let's identify the mission that you are pursuing.

Use the core values exercise to help guide this exercise.

WHAT DO PEOPLE MOST OFTEN SEEK YOUR SUPPORT ABOUT?

WHAT MAKES YOU HAPPY?

WHAT WOULD YOU LIKE TO BE REMEMBERED FOR?

WRITE YOUR MISSION STATEMENT (I.E. I AM HERE TO HELP PEOPLE LIVE A HEALTHIER AND HAPPIER LIFE):



MIND SCULPTURE - HOW TO GUIDE

Set a goal, mentally rehearse it and make things happen!

1. Identify a task or goal you've been putting off and feel afraid to proceed with:
2. Determine how many minutes you would like to devote each day to mind sculpture.
3. When you are ready to practice, sit or lie down in a quite, comfortable spot and close your eyes.
4. Imagine you are facing whatever task or goal you've been putting off. What do you see? What is the setting? Who's there? Invision the setting in explicit detail.
5. Expand your imagination to the rest of your senses. What do you smell? See? Hear? Feel?
6. Without moving, imagine you are performing the task. What words are you using? What does you voice sound like? How does your body feel?
7. Imagine a positive response to your activity, both internally and externally.
8. Slowly increase the amount of time you spend each day doing mind sculpture with your ideal outcome in mind.
9. Once you feel comfortable with this exercise, imagine a worst-case scenario and how you would respond effectively to it,
10. When you feel ready, take on the actual task. Try out small steps at first.
11. Celebrate small wins and continue to step 1 to accomplish any new goals!

DAILY GRATITUDE LOG

Date:

What am I grateful for today?

I am grateful for:

I am grateful for:

I am grateful for:

Who am I grateful for today?

I am grateful for:

I am grateful for:

I am grateful for:

What lessons am I learning?

I am grateful to be learning the following lessons:

What changes am I making?

I am grateful to be making the following changes in my life:

GOAL SETTING

Set small and realistic goals.

Establish accountability and partner with a buddy or coach.

Complete the following "Plan on a Page" Worksheet each week.

Courtesy of the Happier Mind Journal:

[Goal Setting Worksheet](#)

WEEKLY HEALTH CHALLENGE

Accountability is key when it comes to setting health and wellness goals.

Complete the following Health Challenge Worksheet each week.

Courtesy of the Happier Mind Journal:

[Weekly Health Challenge Worksheet](#)

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