

WEEK 7



BE UNSTOPPABLE

COACHING

PERSONAL DEVELOPMENT PROGRAM

BE INSPIRED
BE CHALLENGED
BE WILLING

BE UNSTOPPABLE



BE UNSTOPPABLE
COACHING

Personal Development Program

"How does one become
a butterfly?"



"You must want to
fly so much that you
are willing to give up
being a caterpillar."

Trina Paulus



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BE RESILIENT
BE UNSTOPPABLE



“Rock bottom became the solid foundation on which I rebuilt my life.”

J. K. Rowling

BE RESILIENT

A resilient person is internally strong, fearless, can withstand challenges and recover quickly from set-backs. A resilient person looks for the positive and learning points from circumstances, with the ability to adapt their perspective on a situation, control their emotions and make conscious decisions in a new or better direction (based on the present circumstances ... not 'what if...'), to manage and/or move forward from the situation they are facing. A resilient person believes in their own abilities to deal with stress and the difficulties that life presents, with a mindset focused on recovery, progress and prosperity.



Being resilient does not mean one is bullet proof ... quite the opposite. A resilient person can be hurt in every way people experience pain: emotionally, psychologically, physically, financially, circumstantially, and otherwise. A resilient person takes the hits life throws and gets back up again, working through the negative situation and consciously making different choices as to how to handle the circumstance, and what their next move will be.

The mental strength of someone who embodies BE RESILIENT is described well through the words of - Sylvester Stallone in Rocky Balboa -

"The world ain't all sunshine and rainbows. It's a very mean and nasty place and I don't care how tough you are, it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is going to hit as hard as life. But it ain't about how hard you hit. It's about how hard you can get hit and keep moving forward. How much you can take and keep moving forward. That's how winning is done!"

MANAGING EMOTIONS

Coupled with mental strength, being resilient requires a person to manage or change their emotional state. Human beings are highly driven by emotions, which are the underlying force of reactions, decisions and actions. When someone feels happy, their decisions and actions are much more positive, engaged, motivating and forwardly progressive towards a circumstance, where as a person who feels frustrated or angry, reacts accordingly, with negative and pessimistic views towards everything. Either way, a positive or negative ripple effect is created based on the circumstances being faced and the decisions being made, as a result of one's emotional state.

In order to manage or change one's emotions, a conscious shift in physical state coupled with a change in thought, is needed to adjust the emotion being felt. For example: A person who has a primary emotion of frustration reacts in an angry manner to something going wrong. This causes their body to feel tense with stiff shoulders, heart racing, blood boiling, increasing their stress levels, with a likely response to be negative words and decisions. In order to change this response, the individual needs to change their state, starting physically – shoulders soft, relaxed muscles and slow deep breaths, which helps to minimize stress in the body, alternatively, if they are sitting down, a quick change would

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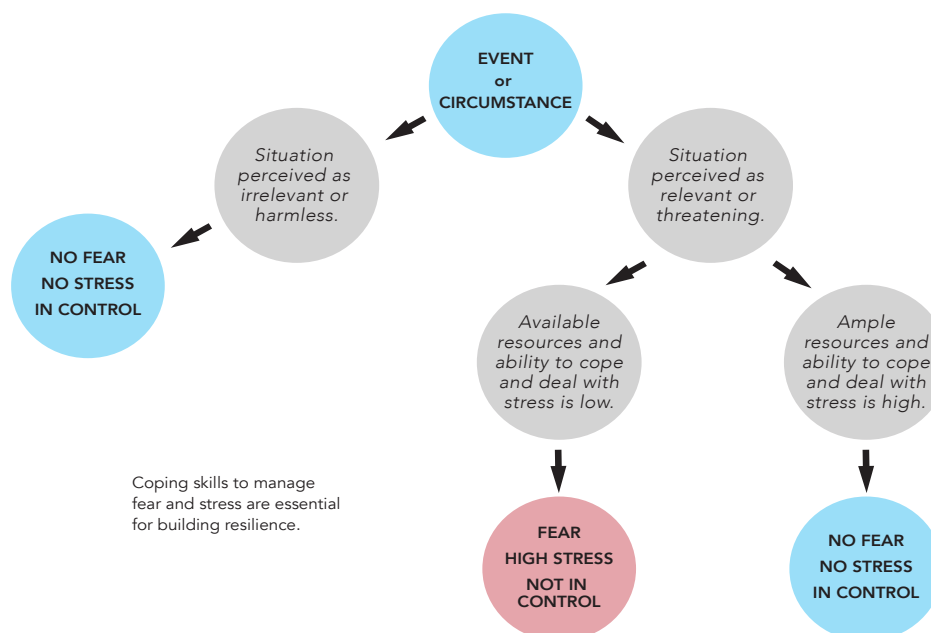
be to stand up and do something fun or 'crazy' like jump, which causes an instant physical state change, snapping them out of their frustration emotion. This change will then need to be coupled with a more rational, thought out response to the circumstance, being mindful of learning opportunities, possibilities and a more positive approach to manage the situation. Changing an emotional state is a challenging but learnable skill, which requires mindfulness and self-awareness, with a willingness to move positively forward, building resilience.

FACING FEARS

BE RESILIENT is about facing fears and challenging yourself to push through the fears that cause self-limitations and inhibit progress. Fear is psychologically the biggest influencer that debilitates humans toward the achievement of anything. People fear the unknown, failure, being rejected, being not good enough, making mistakes, being 'real' and many other factors that challenge a person's ability, identity or worth.

When an individual experiences fear, regardless of if the fear is real (like a physical or emotional threat) or perceived (like feeling afraid to change careers), the psychological impact triggers the evolutionary survival mode: fight, flight or freeze response, which is shown physically through a racing heart, quick breathing, panic or anxiety, tense muscles, clouded mind and/or the urge to 'run' (literally or metaphorically). When a person is experiencing the fight, flight or freeze response, their ability to make a rational and emotionally controlled decision is greatly compromised, hence learning to understand and control fear is an essential skill for building resilience.

Fear triggers high levels of anxiety or stress, which, if unmanaged, can have negative physical, emotional and psychological implications to a human being over time. Anxiety and stress can trigger a variety of emotions and behaviours including perceived fear, panic, a sense of being uncomfortable, a distortion of reality, irrational thinking and feelings, pressure, lead to the use of medication and avoidance of connecting with people or participating in anything. A resilient person learns to manage anxiety and minimise stress, giving them the ability to be in control of what they think, how they feel and what decisions are made, in the direction they desire.



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Managing stress and anxiety can be achieved by doing things that make an individual feel relaxed, happy, focused and in control. Activities can include meditation, controlled breathing, challenging thinking by working with the forces (paradigms, thoughts and emotions) and learning to control them, building positive emotions and gratitude, physical activity and healthy eating, being in nature, using humour and talking to a friend or support person.

Steps to Overcome Fear

1. Identify the fear. What are you afraid of?
2. Identify the message. What is the fear and emotion telling you?
3. Identify the goal. What do you actually want? Why do you want it?
4. Identify the excuses. What do you say to yourself to stop you from doing what you want?
5. Identify the strategy. What are you going to do to overcome the fear and progress towards the goal?
6. BE RESILIENT Be prepared to fail, make a mistake, fall over, make a bad choice, break a plan ... and face the challenges with the mindset that you will not let anything stop you from achieving what you want.

Facing fears is about working on strategies that can challenge a person's self-beliefs, work on reframing thoughts, developing confidence and be willing to try with the attitude of: 'failing will be a great way to learn how not to do something ... it will not stop me'. Learning from failure is the best way to refine a strategy and continue to work towards achieving anything one desires. Fear can be used to empower an individual to do and be better, to take on a challenge and accept the risk of trying something new.

Fear can be viewed through two lenses: "False Evidence Appearing Real" or "Face Everything And Rise". Being resilient is facing the fear and rising through it.



**"A pessimist sees the difficulty in every opportunity.
An optimist sees the opportunity in every difficulty."**

Author Unknown



The following questions are contained within the worksheet called 'Facing Fears' that has also been included in your email as a separate file, provided in both Digital and Print PDF formats.

Complete this worksheet as shown below, before proceeding to the next stage of this program.



Facing Fears

Answer the following reflective questions ...

Describe a circumstance when you felt fear ... What happened? What did you do?

What goals in your life are not being achieved as a result of your fear?

Identify a current situation you feel fear about ... What is the situation?

BE RESILIENT

Now ... Work Through the Steps to Overcome Fear

Identify the fear ... What are you afraid of?

Identify the message ... What is the fear and emotion telling you?

Identify the goal ... What do you actually want? Why do you want it?

Identify the excuses ... What do you say to yourself to stop you from doing what you want?

Identify the strategy ... What are you going to do to overcome the fear and progress towards the goal?

BE RESILIENT

BE RESILIENT ...

Be prepared to fail, make a mistake, fall over, make a bad choice, break a plan ... and face the challenges with the mindset that you will not let anything stop you from achieving what you want.

What is the worst that can happen if something goes wrong or I fail?

What can I do to overcome the challenges?

What do I need to develop in my mindset to help me be more resilient?
Write your action goals below.



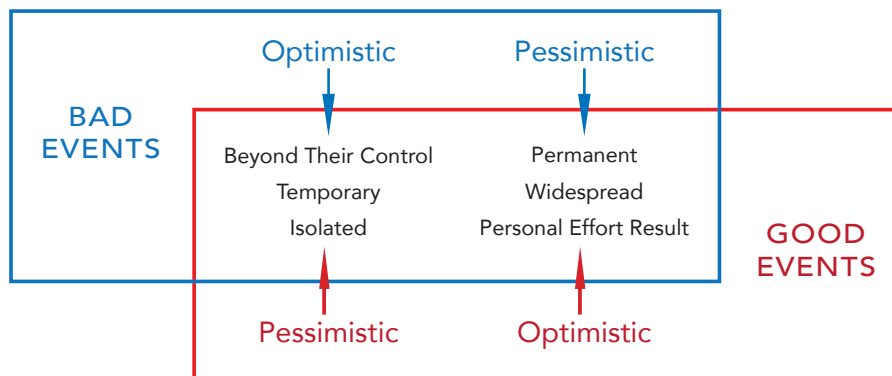
**"Don't worry about your
entire future, it can only arrive
one day at a time.**

David Baird - A Thousand Paths to Happiness

BE RESILIENT

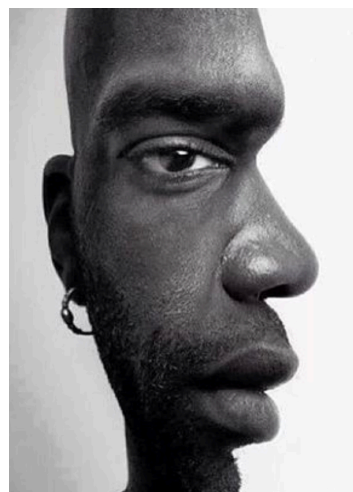
PERSPECTIVE

A person's perspective on a circumstance is highly influential upon the meaning that is assigned to the event, with subsequent thoughts, feelings, decisions and outcomes that follow. Perspective can be viewed through the lens of positive vs negative, optimistic vs pessimistic, good vs bad, beautiful vs ugly, valuable vs invaluable, meaningful vs meaningless, and so on. In general, the perspective an individual chooses to take is applied to most, if not all situations and circumstances throughout their life, either enriching their experiences or leaving them feeling frustrated or unsatisfied.



A resilient person looks for the positive and learning points from circumstances, taking an optimistically skewed and empowering perspective, to assign appropriate meaning to an event and make a conscious decision as to their next step, believing in their own abilities to deal with stress, manage challenges and move forward toward their desires. A resilient person does not see the glass half empty or half full ... they are resilient because they know the glass is REFILLABLE, with whatever they choose to put inside it.

Refer to the illustrations below ... What do you see?
It's all about the perspective you take!



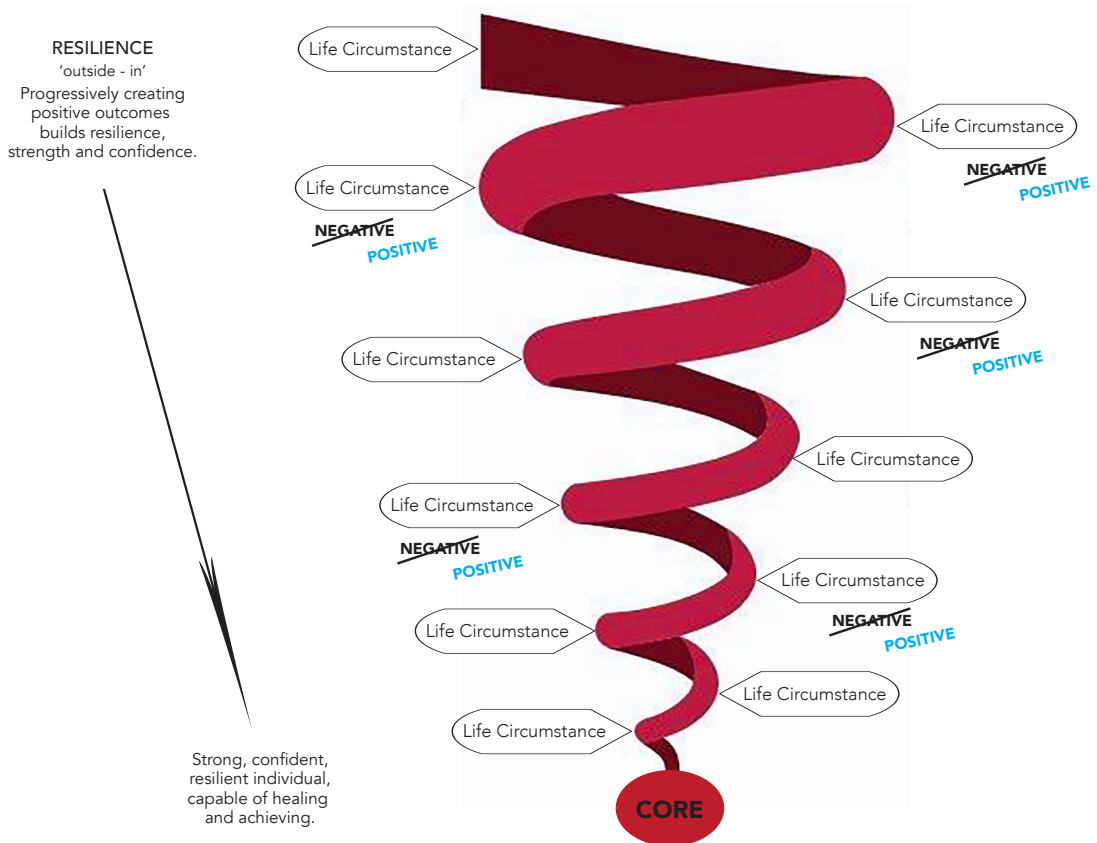
BE RESILIENT

BUILDING RESILIENCE

Building resilience is crucial for all human beings to develop. We live in a world that presents a variety of challenges, from threats to human health, economic volatility, environmental change, uncertainty about the future, technological and social pressure, financial burden and a lifestyle that demands so much from everyone. Resilience is needed to handle the pressure, to heal from circumstances, to feel capable to manage the present moment and be able to strive for goals in the future.

When working on building resilience (especially with adults), most ‘helping professionals’ work with individuals from the ‘inside-out’, striving to understand and repair past damage or scars caused by previous events in one’s life, that may have contributed to a low level of resilience in the present moment. The strategies applied for working from the inside-out are very effective, but may take a long time, sometimes years, to build resilience and change thought and behaviour patterns. Another option to the ‘inside-out’ approach is to work from the ‘outside-in’, helping an individual manage emotions, face fears, take on new perspectives and work on current goals, developing new habits. The achievement of progressive ‘baby steps’ and small wins will result in the formation of new habitual ways of thinking and acting, which develops a strong and resilient individual, capable of healing the ‘inside-out’ in a different way, due to their learned resilient strength and control of thoughts, emotions and actions.

The image of the spiral shown below illustrates how an individual develops from their core, spiralling up towards their present life, with different circumstances and events that occur along the way. Some of the circumstances can be positive, some negative and some neutral, however all these circumstances have made an impact on this individual and either strengthened or weakened their level of resilience. This spiral illustration can also be applied to the level of significance one has developed ... refer to ‘BE SIGNIFICANT’.



BE RESILIENT

In the event individuals need to develop resilience, strategies to change circumstantial outcomes from negative to positive, will have an incredible effect on building resilience and the strength needed to take on challenges, risks and new opportunities, shifting the outcome of a person's life and their level of fulfillment. In order to achieve this, it is important to understand how people process and filter what is being experienced, by being aware of physical sensations, thoughts, emotions and the effect of past experiences on current behaviour patterns and habits.

For example, a person was in an unfortunate accident that resulted in the loss of their leg. Upon hearing the news, they process the information in the following ways:

Physical Sensations: racing heart, quick breathing and the surge of stress/panic.

Thoughts: why me? I can't do what I want to do like this.

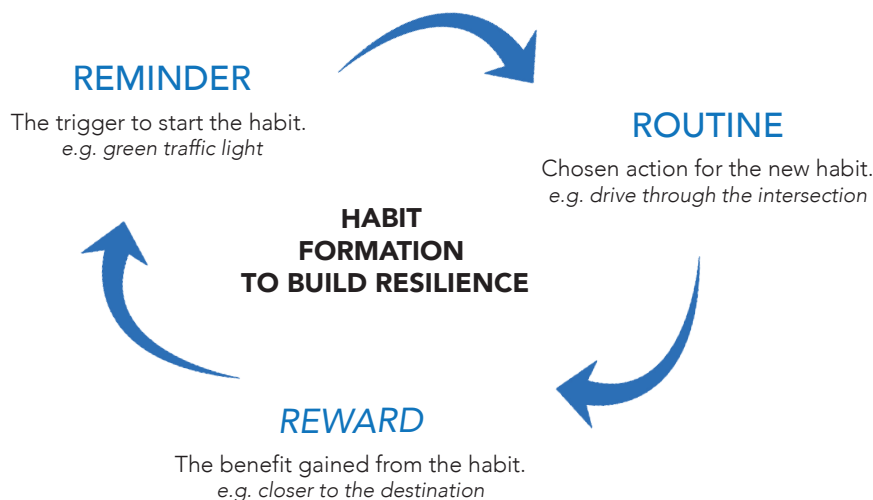
Emotions: sadness, frustration and hopelessness.

Paradigms (past experiences): when things go wrong, I won't achieve what I want.

Behaviour Patterns and Habits: stop working on my goals ... give up.

BE RESILIENT is about applying strategies to address and change the manner in which the 'bad news is processed', to take control of one's thinking and emotions, to break behaviour patterns that have developed from past experiences and build new habits to focus on and achieve positive outcomes. Despite the challenge or 'negative news', an individual does not need to give-up on their goals, happiness and life ... being resilient is choosing to work with the current circumstances and create new goals based on what can be done and achieved, to result in positive life fulfillment. This is evident at the highest level with Paralympians, who show incredible levels of resilience and surpass all expectations with what they consistently achieve.

BE RESILIENT is about learning to control what we think, what we feel and what we do, creating habits that strengthen our ability to push through challenges, break down behaviour patterns and achieve the outcomes we desire.



BE RESILIENT

The cycle of creating habits strengthens, the more an individual consciously remembers to apply the chosen routine and gain the beneficial reward. The stronger the reward and reasons 'why' the new habit is so important, the more inclined an individual will be to push through the challenge of breaking past behaviour, resulting in built resilience!

Resilience is a learnable trait.



The following questions are contained within the worksheet called 'Resilience Spiral' that has also been included in your email as a separate file, provided in both Digital and Print PDF formats.

Complete this worksheet as shown below, before proceeding to the next stage of this program.



Resilience Spiral

Working from the 'outside-in' to develop resilience.

Identify life circumstances from as far back as you can remember that have made a significant positive or negative impact to your level of confidence, strength and resilience.

Life Circumstances that have Strengthened Resilience & Confidence	Life Circumstances that have Weakened Resilience & Confidence

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Reflect on the lists ... What do you need to develop in your mindset to help you overcome the fear, lack of confidence and behaviour patterns that have weakened your level of resilience?

What parts of your life are affected as a result of your low-level confidence and resilience?

What goals do you want to achieve, but have not, due to your current level of resilience?

SELECT ONE GOAL THAT YOU HAVE NOT ACHIEVED FROM YOUR LIST ...

What are the physical sensations you feel when you think of this goal?

What do you say to yourself?

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What emotions do you feel?

What past experiences have led to your current behaviour patterns and habits towards this goal?

What do you want to begin working on (with your coach) to achieve small wins, build good habits and develop confidence, strength and resilience?

What action goals are you going set to develop a more resilience?



BE RESILIENT

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- Internally strong and fearless - able to withstand challenges.
- Views set-backs as learning opportunities.
- Takes an empowering perspective – highlights the positives.
- Assess the situation based on facts, rather than emotion.
- Believes in own abilities to deal with stress and circumstances.
- High level of emotional control or ability to change emotional state.
- Faces Fears - pushes through self-limiting fears.
- Develops habits - consciously makes decisions in a new or better direction.
- BE RESILIENT – a product of choice, not circumstance.



**“Getting knocked down in life
is a given. Getting up and moving
forward is a choice.”**

Author Unknown



REFLECTION

What is the biggest insight you have gained from completing this section of the Personal Development Program?

What have you discovered about yourself as a result of learning about BE RESILIENT?

What topic area within BE RESILIENT would you like to strengthen within yourself?

What are you going to focus on moving forward, regarding developing the skills needed to harness the mindset of BE RESILIENT in all your life areas?




PERSONAL DEVELOPMENT ACTION GOALS

Mindfulness ... Daily Reflection

AIM: To increase self-awareness and control of thinking, emotions and behaviour.

To strengthen your mindset with the BE UNSTOPPABLE DRIVERS for better life outcomes.

- Be aware of your personal level of resilience and how your mindset about this driver is shown through your daily thinking and behaviour.
- Make note of circumstances where you have consciously used a strong sense of resilience when overcoming a challenge, making decisions and the outcomes achieved.
- Use the tools provided to work on understanding and developing your personal sense of resilience and request more tools for areas you want to focus on (as explained below).
- Work on the BE RESILIENT Tools and Worksheets daily.



“Miracles start to happen
when you give as much energy
to your dreams, as you do
your fears.”

Richard Wilkins

NEXT WEEK

Next week's focus will be learning about the BE UNSTOPPABLE DRIVERS – Foundational Universal Wisdom for Peak Performance.

Week three of six, to help you to progressively understand each driver and strengthen your state of mind in the application of each one.

NOTES

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BE RESILIENT - FOCUS AREAS

The learning outline about BE RESILIENT this week, has provided you with two focus area tools and worksheets to use:

1. Facing Fears
2. Resilience Spiral

BE UNSTOPPABLE has many tools and worksheets that support the trained coaches who work with clients directly, helping them with personal development strategies regarding all areas covered in the learning provided in this program, as well as specific goals set by the coachee.

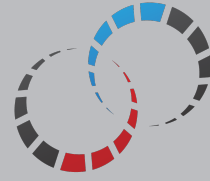
If there is a specific area you would like to focus on for your own personal development, enhancing your awareness and abilities to strengthen your mindset and behaviour regarding components of BE RESILIENT, please take advantage of your bonus discount voucher to book a coaching session with a trained BE UNSTOPPABLE coach, who will coach you through your personal development and provide you with targeted tools and strategies through your coaching sessions.

BE RESILIENT PERSONAL DEVELOPMENT AREAS:

- Using the 'Challenge – Control – Commitment' mindset
- Facing Fears
- Forgiveness and Gratitude
- Understanding our own resilience with 'Life Chapters'
- Understanding our own resilience with the 'Timeline Tool'
- Understanding and Developing Perspective
- Relaxation Techniques
- Resilience Spiral

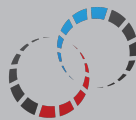
Take advantage of your 20% OFF discount voucher for a personal coaching session with a trained BE UNSTOPPABLE coach.





OUR MISSION

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