

# BE UNSTOPPABLE

COACHING



## Resilience Spiral

Tool and Worksheet





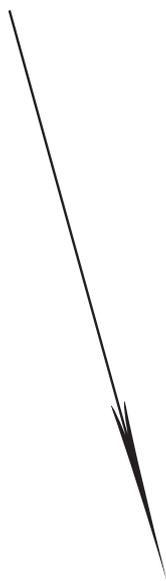
## Resilience Spiral

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

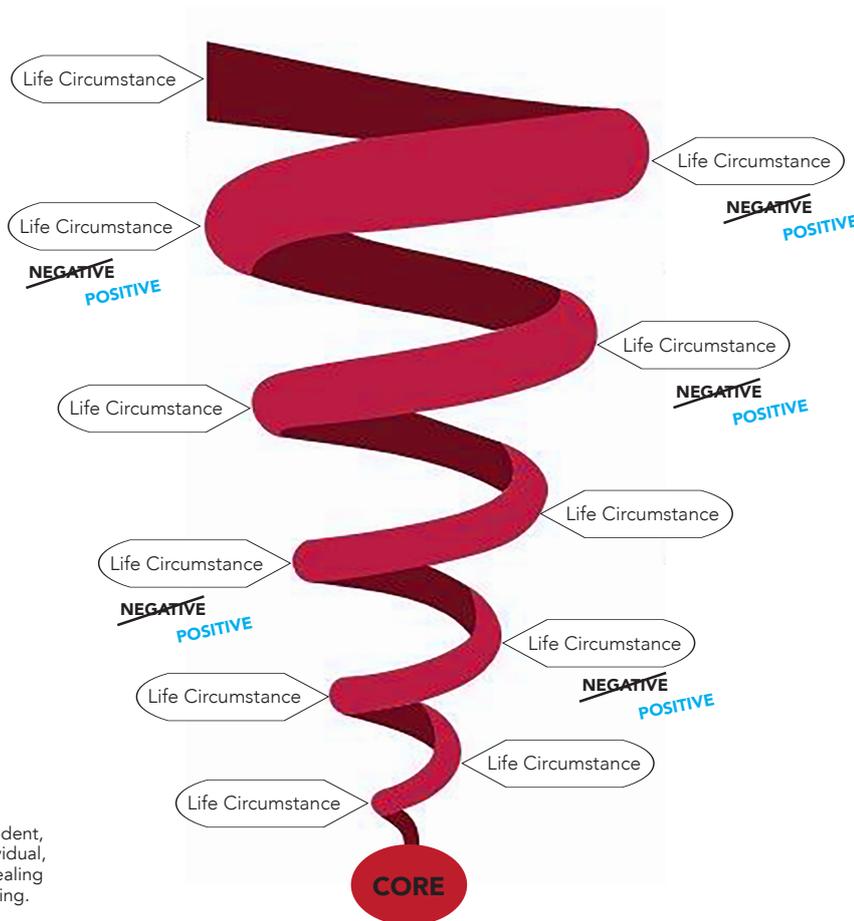
Developing resilience, confidence and strength to manage challenges, to overcome hurdles and setbacks, to take risks and to face fears is a crucial skill for all humans. The process of working with strategies that can assist to achieve small wins in different parts of one's current life, results in the development of resilience and the confidence to face anything life throws at a person.

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.

**RESILIENCE**  
'outside - in'  
Progressively creating positive outcomes builds resilience, strength and confidence.



Strong, confident, resilient individual, capable of healing and achieving.



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.

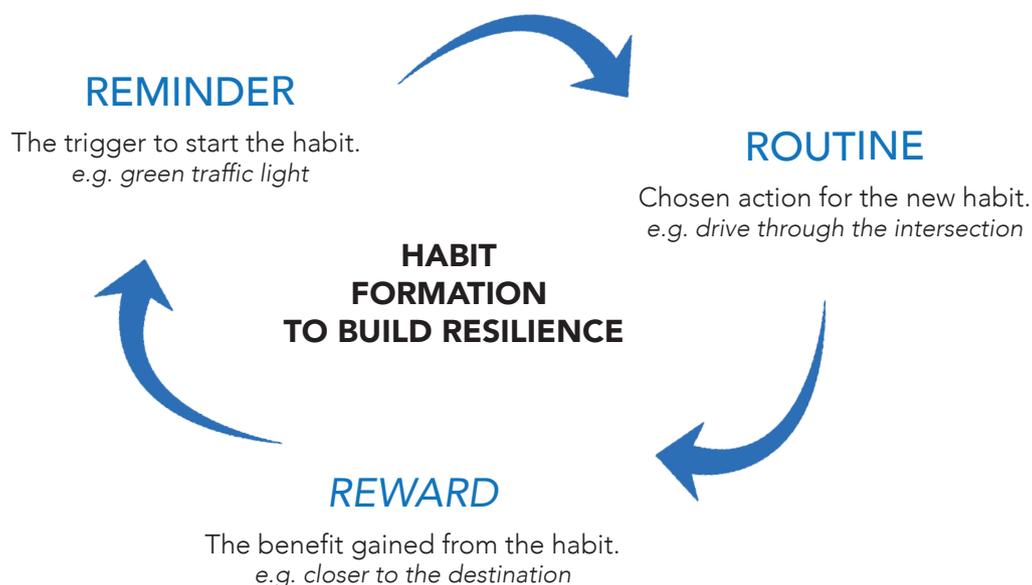
Emotions: sadness, frustration and hopelessness.

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.

Being 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 and achieve on 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.

Being 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.



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!



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

Reflect on the lists above ... 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 THE LIST ABOVE ...

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

What do you say to yourself?

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?



## Resilience Spiral ... Action Goals

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What action goals are you going set to develop a more resilience? Take into consideration what you have reflected on and the insights you have gained through this worksheet, to help you write goals and action steps below.

Remember that a person's level of resilience can be built by achieving small wins regularly in all life areas, effectively done through good habits of learning to control what we think, what we feel and what we do. Building resilience will increase your confidence and the ability to take on any life challenge.

### GOALS

### ACTION STEPS