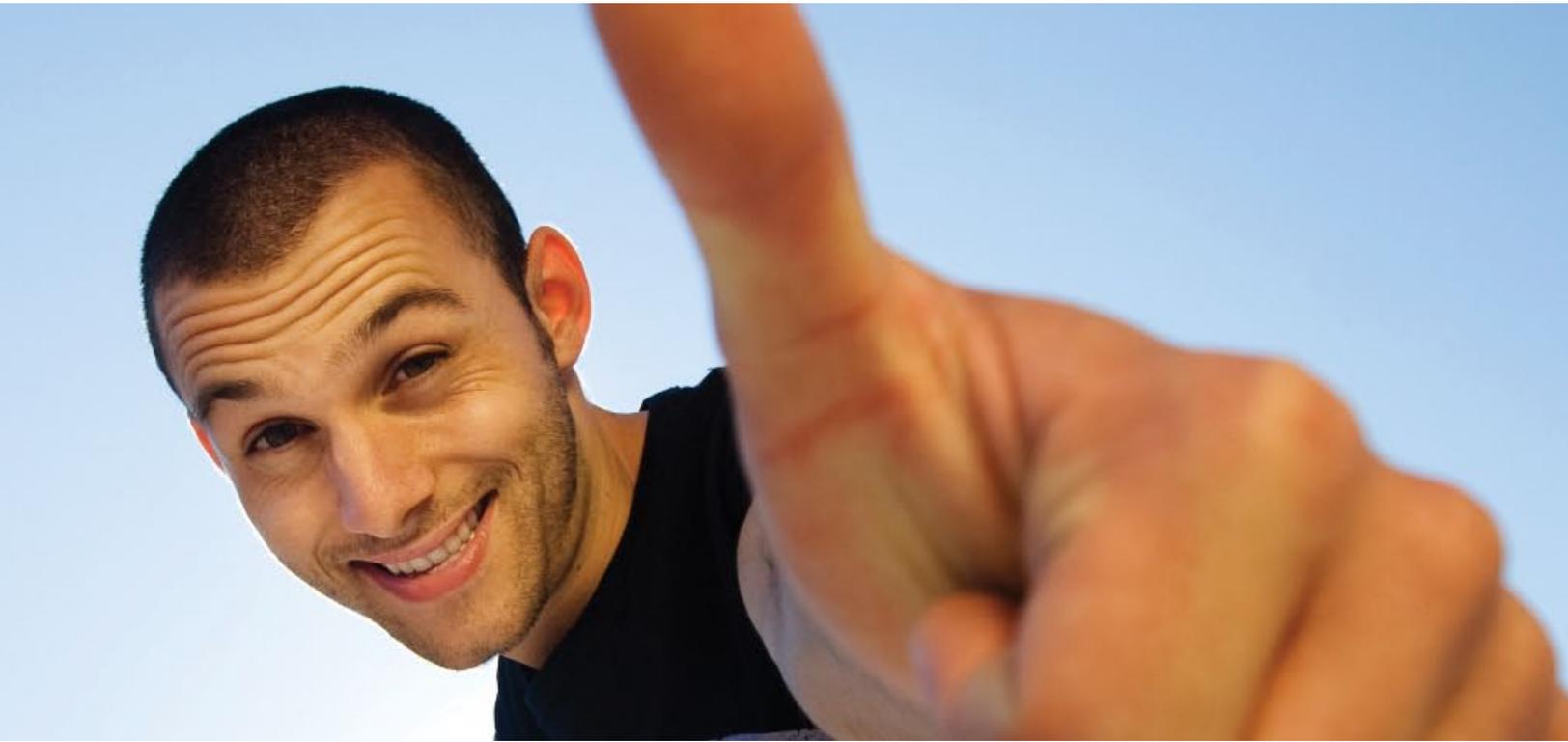


# Resilience



Principle 3: Behave your way to success



**Homewood**  
Health | Santé

## Back to basics

Taking care of yourself (e.g. nutrition, exercise, sleep) is a basic foundation of a resilient life.

This quest is about returning to basics for one week (and beyond)—disciplining yourself to eat well, keep active, and get good sleep. Doing so will help build self-discipline, confidence, and start you on your way to success.

Set up a daily schedule that you follow for one week and beyond.

**Eat.** Prepare balanced meals, cook your own food (no frozen entrees), take a prepared lunch to work.

**Exercise.** Get active for 30 minutes (total) each day. Walk, bike, swim, dance, whatever gets your body moving. Do so for a total of 30 minutes to the point that your heart rate is elevated above your normal resting rate. Do this within reasonable limits (considering any health conditions you may have).

**Sleep.** Set a reasonable schedule for sleep. Go to bed only at that time, no day-time naps. Don't read or eat in bed. Get up when your alarm goes off and do not sleep in.

**Tough? You have no idea until you try. But by beginning with these simple activities you move toward regaining control over your behavior. Sometimes you won't feel like exercising or preparing a meal, but do so regardless. You will grow self-discipline.**

**If emotional or negative thinking roadblocks emerge, accept these, learn from them, challenge them, and continue your constructive action anyway.**

**By completing these quests you will begin to:**

- *Learn from your efforts*
- *Develop a greater capacity to learn from mistakes and accelerate your personal development*
- *Improve your capacity to cope with challenges and setbacks*

# Change your behavior

This quest is about trying new challenges. Experimenting with new ways of thinking and doing.

Pick an activity from the list in the sidebar, or choose one of your own (that you have never done before). Identify something you want to do this week.

After you have done this activity, consider the following:

1. How did it feel to learn this activity?
  
2. What thoughts did you have beforehand?
  
3. What did you tell yourself to remove any obstacles or resistance you had to completing this activity? You may notice that you were resistant about this task (e.g., "What's the point? Why bother? It's nothing important. I could do it easily" or "It's too hard. I can't do this stuff.")
  
4. What do you realize about yourself from learning this small thing?

### Some ideas for new learning and doing...

- *Fix a leaky faucet*
- *Cook a new dish*
- *Learn three useful phrases in another language*
- *Learn a new tune or song*
- *Tie a different knot in your tie*
- *Iron a shirt (Okay, some guys don't know how!)*
- *Program your VCR*
- *Change a flat tire on your car*
- *Clip roses*
- *Work a yo-yo, hula hoop, or hacky sack*
- *Shoot a basketball from the free shot line*
- *Tie three different knots*

# Top the charts

It sounds corny but charting works! As you practice a new behavior this week, put up a chart somewhere in sight (Bathroom, kitchen fridge, etc.) and chart your movement towards the goal each day. Alternatively, put it on your daily calendar. Reward yourself for reaching your goal. Here's a sample:

<b>My behaviour change this week</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<i>Exercise</i>	✓	✓		✓		✓	
<i>Practice the piano for 30 minutes</i>	✓		✓	✓			✓



## Is it quitting time?

One of the obstacles to learning and adopting new behaviors is the tendency to quit. We need lots of support to get a new habit going. In groups like AA, there's someone to call when you feel like drinking. Seek out support from someone who you can call when you feel like slipping "off the wagon" on a new behavior change.

### Support sources for developing new behavior

Pick the one that best supports you:

- Working with a mentor (someone older or wiser and supportive of you)
- A phone partner you call when your mood is low or your motivation is waning
- Another person who is working through this course you can meet online
- Support from your spouse or life partner
- A professional person with whom you are currently working (psychologist, psychiatrist, counselor, clergy)

## Reviewing from the past

Let's take a look at the past three modules. You may have found it hard to get value because you looked at the quests and said, "Why bother?"

This module emphasizes the importance of taking action in our behavior and then evaluating the results.

Here are some of the skills we have addressed. Check beside any of these that you feel you still need to put into practice, ranking the top three... 1, 2, 3....in order of importance.

- Replace negative thoughts with positive ones
- Practice new methods of managing emotions
- Seek help and support from others
- Try new experiences
- Solve problems with new solutions
- Take on new learning experiences
- Redirect yourself to positive activities
- Overcome despair
- Observe yourself when you succumb to negative thinking

Now, go back and pick one of the previous exercises to practice this week.

### Try partnering up

- *Get someone to partner with you this week on a particular new behavior change.*
- *Each day, have a five minute phone call to report to each other how it's going.*
- *Make a list of people that demonstrate the behavior you aspire to or who have mastered the behavior.*
- *Write up some questions you would like to ask them then arrange to meet and interview them.*
- *Ask what motivates them.*
- *How do they respond to challenges?*
- *What skills form the basis of their behavior or success?*

# Value your mistakes...mistakes!

Divide a page in half, from top to bottom. On the left side column, list some of the biggest mistakes you've made in your life. Then, on the right side column, note how each mistake was the catalyst for some lesson that you would not otherwise have received or learned.

- Look for the value and benefit of your failures and mistakes and imperfections.
- Are there any patterns? Are the biggest mistakes also the biggest learning experiences?
- Next time you 'make a mistake' remind yourself that it could be an opportunity for learning.

## My mistakes...and lessons

The mistake

The lesson

*What have I learned from this?*

*What do I now know that I didn't before?*

**Keeping a daily journal is a good way to review progress, problems and outcomes.**

*While you can record anything that helps you, here's a format that may help you:*

- *Record how you did in the last day (be specific, for example, how long you worked out, how many times you avoided losing your temper, how many tasks you finished that you've been putting off, etc.)*
- *How you are feeling (What emotions are you experiencing? Anger, frustration, pleasure?)*
- *Observations and insights (What you have noticed about yourself or others; also any realizations or "aha!" experiences you've had.)*

## Celebrate your successes

Your effort to change thinking and behavior is tough work and it deserves to be celebrated! How can you celebrate your effort and discoveries so far? Pick something from the list or something you think of yourself and commit to doing it this week. You deserve it!

### **Congratulations! You did it!**

Choose your 'reward' from the list below...or anything else you'd like to do

*Have a small dinner party*

*Take myself out for a treat, such as a movie or to hear music*

*Give myself three hours to just do nothing and have fun shopping, wandering someplace I enjoy, etc.*

*Buy a small present or something special for myself*

*Take a long bath and read a cheesy novel or magazine in the tub*

*Get a massage*

*Buy a nice bottle of wine and share it with someone*

*Take a short trip to a place I enjoy*