

Workbook

YOUR Resilience Quest

Message to YOU

First and foremost: You rock.

Because working on your resilience, caring about your mental health is profound and admirable. It is the foundation and too often overlooked.

I really believe that life is so much more beautiful when sitting in the driver's seat. And I hope this is what you can achieve with these 10 steps quest.

Please enjoy this process.

Use it as often as you want and need to. Whenever a challenge is blowing your way.

All my very best to you,
and thank you for your trust,

xxx Hedi

1) DEFINE YOUR QUEST

Pick a quest. Realistic and in your power.

I want to (feel/be/become/do...)

2) CREATE YOUR VISION

Turn your quest into your vision.

Make that statement super positive and desirable! And concrete.

I want to (feel/be/become/do...)

By (date):

In order to / because:

If I don't achieve that...

3) GET RID OF ANYTHING HOLDING YOU BACK

List what you can accept, let go off and say NO to to move forward and towards your vision.

a.) What I accept?

1)

2)

3)

b.) What I let go off?

1)

2)

3)

c.) What I say NO to?

1)

2)

3)

Highlight

Highlight the magic ones: Those, making you move forward and towards your vision the most. And then prioritize: Which will you put into action first?

4) TRAIN YOUR OPTIMISM

List 1-3 each. To make it more inspiring and optimistic, use positive wordings only. ;)

a.) What is thriving at the moment in your life?

1)

2)

3)

b.) What, happening now, could be of benefit for reaching your **vision**? What can you learn from?

1)

2)

3)

Highlight

Highlight what you want to keep in mind to stay on track towards your vision and generally speaking towards a thriving life.

5) KNOW, YOU CAN DO IT

A) List 1-5 things you have power over and can you use to achieve your vision?

I am, I can...

1)

2)

3)

4)

5)

Highlight

Highlight your biggest AHA / what you want to keep in mind moving forward.

6) KNOW YOU HAVE DONE IT

For your inspiration and motivation. List 3 situations or challenges you dealt with? Where did you experiment forward, and achieved great things? Little or big, it does not matter.

Situation / Challenge 1:

My strategy to move forward was...

Situation / Challenge 2:

My strategy to move forward was...

Situation / Challenge 3:

My Experiment Forward Strategy was...

Highlight

Highlight your biggest AHAs or learnings. And define your rule to stay motivated in the process towards your vision.

My Personal Principle is:

7) KNOW YOU CAN CHANGE IT

Make a list of projects / situations where you currently feel like a victim? How can you change that?

Here I feel like a victim:

1)

2)

3)

And this is how I will change that:

i)

ii)

iii)

i)

ii)

iii)

i)

ii)

iii)

Highlight

Highlight what you will turn into action first thing.

8) CREATE YOUR ACTION STEPS

Strategy A)

List 5 ideas about which steps you can do to get closer to your vision?

1)

2)

3)

4)

5)

Prioritize

Prioritize which ones to do first, second and third...

And: turn them into action! 😊

Strategy B)

State what the biggest hurdle is in your attempt to fulfill your vision?

My biggest hurdle is...

Brainstorm solutions: Which ideas can you think of to overcome this hurdle? Just go for it, defer judgment. Until you haven't tried them out, you'll never know if they aren't the perfect solutions for you.

1)

2)

3)

4)

5)

Prioritize

Prioritize which ones to do first, second and third. . And: turn them into action! 😊

9) Super Boost: USE YOUR NETWORK

Name at least 5 people within your close and expanded network that you think can help you achieve your vision. With their expertise, their good energy, own network, ideas, or any support you can think of.

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)

Highlight

Highlight who you will ask for help.

10) Super Boost: PRACTICE SELF CARE

List 5 ideas: What gives you energy, helps you to recharge, and to fill up your glass?

1)

2)

3)

4)

5)

Highlight

Highlight what you will do next to self-care. And when exactly (time and date).