

13 tips to build resilience and optimism in a changing world ...

You will never regret investing in being a better version of you ...

Mindset is everything

- You don't have to be perfectly positive, but you do need to be:
 - *optimistic* (trusting confidence in the future)
 - *resilient* (capacity to recover, adapt and learn) whenever you can manage it.

Be more interested in who you are when life is hard

- It's easy to be awesome when life is easy.
- What's it like being around me?
- Choose resilience over happiness.

Craft your own coronavirus story

- Don't let anyone tell you what this pandemic means for you
- How will you hang onto the changes you value?
- Turn your insights into future based actions
- Be a change maker and action taker
- Information vs. inspiration

Hold on to your values

- What mattered most to you before COVID-19 hit?
- Know your value and your values!
- Purpose and a strong sense of identity have never been more important

Non-negotiables rule ...

- Don't confuse routine with discipline
- What are your 3 daily non-negotiables?
- Choose your hard
- Honour your future self

Don't be a dumbass, like honestly, stop it!

- Why do we do things that we know are bad for us?
- Curate everything
- If you're the smartest person in the room, you're in the wrong room
- Pay attention

A sense of daily achievement matters

- Optimism, solution-focused thinking and sleep are all better when you feel productive
- Motivation vs. commitment
- Size does not matter! (Small and big achievements both create momentum)

Don't miss the opportunity

- Are you in the waiting place?
- Bigger challenges and opportunities are coming
- Plan to refuel, reset and refocus
- The majority of workers will be freelance by 2027

Feed your body, heart and head

- People are NOT resilient and optimistic accidentally!
- Self-care does not happen accidentally!
- Nature, nurture, exercise, music, read, meditate ...
- Being in nature reduces blood pressure, heart rate, muscle tension and the production of stress hormones
- Build your resilience and optimistic muscle by getting uncomfortable

10. The Q factor

- Don't tell people how to feel!
- Be deliberate about your health, relationships, impact and effectiveness
- Your mental health and well being are largely determined by the 3 Qs:
 - **IQ** = your ability to be logical, reasonable, problem solve and process information (be a life-long learner)
 - **EQ** = your ability to understand, use and manage your emotions in a positive way (gratitude and self management)
 - **AQ** = your ability to proactively predict, respond and adapt to change (build your resilience)

Beliefs are a good place to start

- Make a list of all the excuses you tell yourself to justify your actions and responses – and stop it!
- Identify the sabotaging beliefs you have on repeat
- Write out the 5 beliefs that will most serve your personal and professional success
- 95% of your beliefs are habitual
- Your 86 billion brain cells work at 431 km per hour and storage capacity is unlimited

Gather your peeps

- Truth-teller
- Number one fan
- Accountability partner
- Promoter
- Bestie
- The experts
- Director of reality

Learn something

- Learn, unlearn and relearn
- Find 5 hours per week to invest in your self development
- Make yourself your most important project
- Building your learning edge – the discipline of choosing when, what and how you learn
- Do you like who you are becoming?