

## Checklist – Top Tips: How to Develop Your Resilience

*“Our greatest glory is not in never falling, but in rising every time we fall.” Confucius*

Here are 8 ways to develop your resilience:

1. **Avoid being a Victim in Life.** Notice when you blame, complain, judge and ask ‘Why me?’. These are victim behaviours, and they damage your resilience skills.
2. **Nourish your ability to survive setbacks, and overcome adversity.** Take time to heal, develop yourself personally to enable you to overcome setbacks, express gratitude for what you have in life, and embrace the question ‘Why not me?’.
3. **Develop an attitude that adversity hits us all, and a setback is an opportunity to thrive.** Develop your leadership skills, so you can lead yourself through the setbacks. Develop your emotional intelligence so you can self regulate, and maintain relationships during adversity.
4. **Self care** – develop a habit of eating wholesome foods, lots of water, and regular exercise.
5. **Journalling** is a great way to manage your thoughts. If you are adopting a victim mentality, you can catch the thoughts. Journalling is great for visioning, clarifying thoughts and feelings, and improving our work performance.
6. **Giving back** to your community builds resilience as it develops empathy, and connections.
7. **Spirituality** – meditation, mindfulness, silence, prayer, mindful walking. All provide us with the stillness we need to live in the present, and if we sit outside we are also connecting with nature.
8. Clarify your life **purpose**. Finding your *Why* in life underpins it all. ([See Simon Sinek TED talk](#)).

[The Development Company](#) is a leading edge training company, dedicated to enable people to be the best the best they can be. We design and deliver programmes that enable individuals to bounce back from setbacks quicker – from [Mindfulness for Life](#), to [Management Skills](#), and [Time Management Skills](#).

We design and deliver workshops, modular programmes and [courses](#) that get real results. Contact us to discuss your specific needs.

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