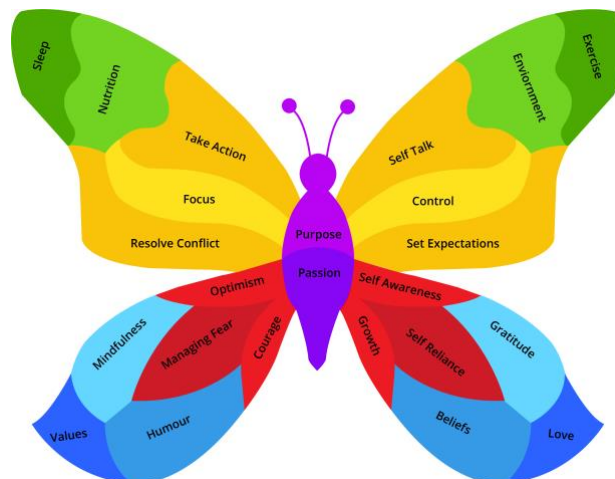


**E.Q.I.e** Emotional Intelligence  
By Transilient Coaching

# Building a Resilient Mindset One Day at a Time

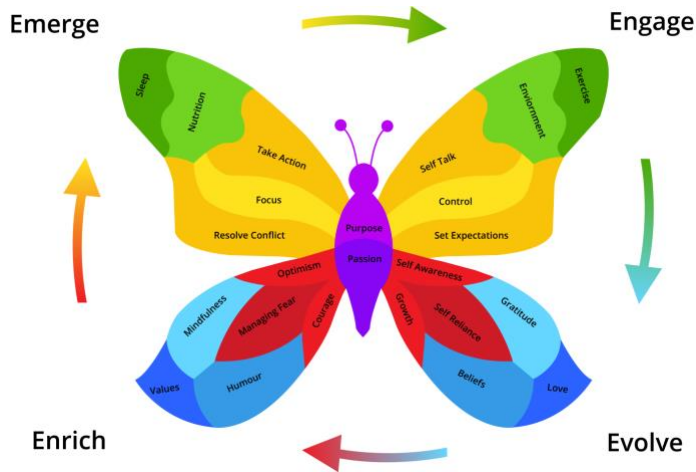


## Module Two Emotional Resilience



## Personal Growth Workbook

# The Process



**Engage** - with the situation you are in. Describe it objectively.

**Evaluate** - understand your feelings, reactions and emotions in the circumstances. Are there patterns?

**Enrich** - how do your emotions help/hinder you? Are there alternatives? What other ways could you react to change the pattern?

**Emerge** - use your new knowledge and practices to improve how you show up in the world and deal with adversity.



“Life is either a daring adventure, or nothing at all” *Helen Keller*

Is there something in your life you would like to do, but lack the courage? Describe it.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**What needs to happen for you to be able to do it?**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**What are you most afraid of? Why?**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Can you think of a time when you did something that required you to be courageous?**

---

---

---

---

---

---

---

---

**What or who helped you then?**

---

---

---

---

---

---

**If you knew you would succeed, what would you do?**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Describe what doing this means for you? How will you feel when you do it?**

---

---

---

---

---

---

---

---

**Is there anyone (group) who can help or support you in this endeavour?**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**If you put together a plan to do this endeavor, what would the steps be? What timelines would you put? What commitment would you need, what obstacles would you overcome and how?**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Strategies for Building Self-Actualisation

1. Do “what you can” – pick up the pen and author your own experience from here on.
2. Pay attention to the elements of flow in your life and try to generate more.
3. Establish clear goals, review them regularly and adjust where necessary.
4. Be aware of your discontent – identify what you are unhappy with and what you would like to change.
5. Mix with the brightest and the best, read stories of people who inspire you.
6. Focus your attention on your positive strengths. Value who you are and what you do.
7. Keep learning – choose a new skill, activity or area of knowledge and learn something new.
8. Work on keeping a balance between your work and your family/personal life. Both are important and one cannot always overshadow the other.