

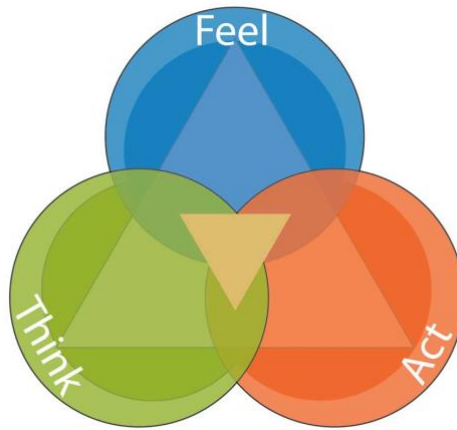


Building a Resilient Mindset One Day at a Time



Module Two Emotional Resilience

Self-Reliance Workbook



Six seconds ©

Navigate Emotions

“The choices we make dictate the life we lead” Danny DeVito

Write down a situation that you are currently or have recently procrastinated over.

What were the emotions you feel in this regard? Refer to the emotions wheel from the last module

What was the overwhelming emotion?

Consider the following questions?

Are you demanding perfection of yourself in this situation and is that preventing you from starting? Isn't done better than perfect?

Are you catastrophizing about the potential outcome? What might be a more positive potential outcome?

Are you concerned it will take up your valuable energy or time? How might you plan it?

Are you afraid it might fail? How might it succeed?

Other questions to help you re-frame the task?

Are you frustrated you have to do the task at all?

Do you believe it is someone else’s responsibility?

Are you simply having a good time and don’t want the hassle of applying the discipline necessary to proceed with the task?

Are you trying to dodge some discomfort?

Exploring the circumstances around procrastination help you to uncover the reasons why you put things off. Once you understand why then you have the opportunity to challenge your thinking.

Just take the first step

If you were to do this task, what would a plan look like. Agree to give the plan just 10 minutes to get started – just take the first step.

Note down how you feel now having taken the first step. How far did you get in your planning? What's the second step. When will you move to the second step?
