



**RESILIENCE**  
**BOUNCE BACK BETTER**

**A FREEDOM SCHOOL  
TRAINING**



# RESILIENCE

## RECENT TRIGGER REFLECTION

Before you dive into the other activities in the training, take a moment to recall a recent adversity, trigger or setback - it can be big or small. Keep this event in mind as you work through the other activities and how they might apply to it.

1 What happened?

2 How did it impact you mentally? Emotionally? Physically?

3 On a scale of 1-10 how happy are you with how you handled it and why?

4 How long did it take you to bounce back or recover?



# RESILIENCE

## Map your mindset

Mindset impacts resilience. You've learned that a growth mindset is a prerequisite for bouncing back better. Without it you'll get stuck and be less gritty or persistent when facing a challenge.

**Fixed mindset** focuses on outcome and judging: "Did I do it well/not do it well?" The fixed mindset makes it about a character trait and who a person is.

**Growth mindset** focuses on the process or wanting to learn from a situation. Growth mindset makes it about the actions they need to take/not take - not who they are as a person.

1 What areas of your life do you have more of a fixed mindset?

2 What areas of your life do you have more of a growth mindset??

### Bonus

Where do you think these mindsets came from? What might have influenced you to think this way?

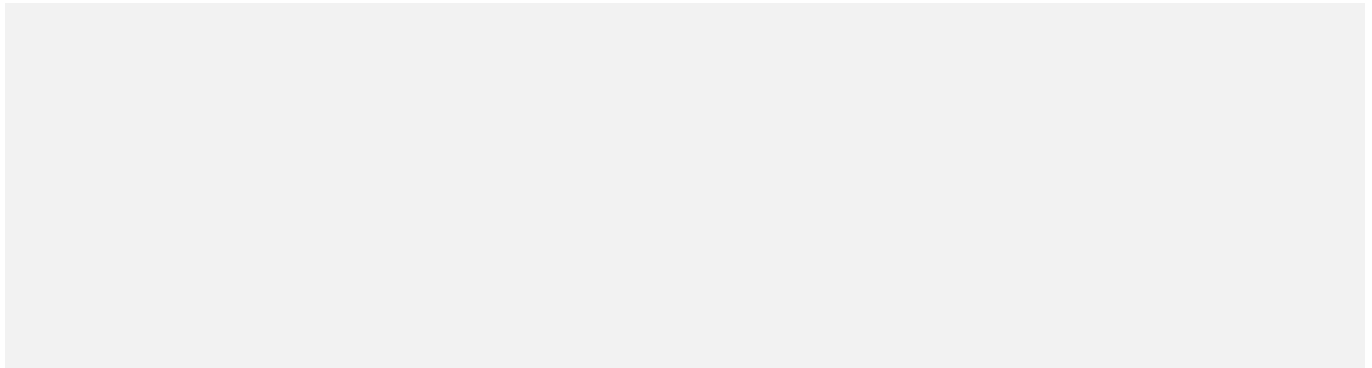
# RESILIENCE

## SELF-FULFILLING PROPHECIES - SFP

An SFP is a prediction that directly or indirectly causes itself to become true, by the very terms of the prophecy itself, due to positive feedback between belief and behavior. Let's practice identifying your own SFPs!

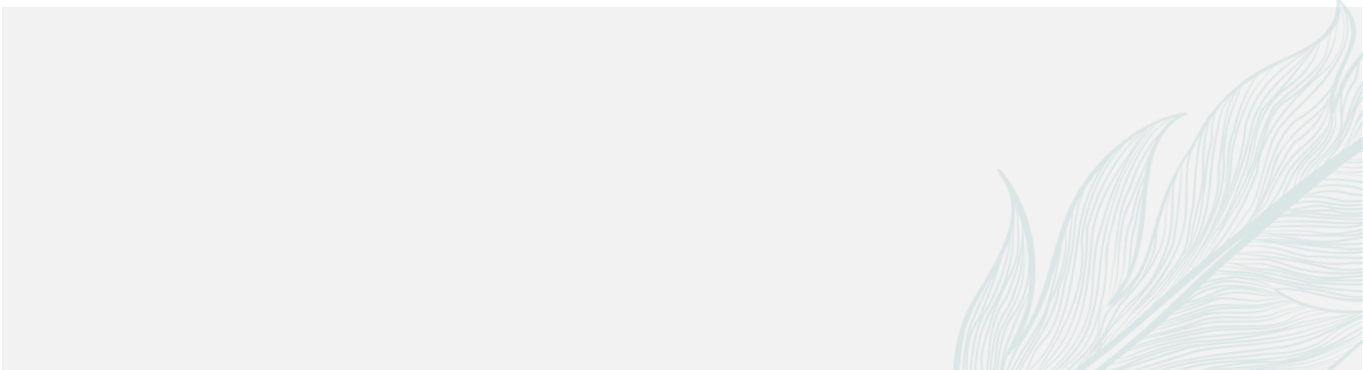
### 1 Identify a POSITIVE SFP

Example: I believe that the best way to get in shape is to devote yourself to consistent exercise. Thus, I exercise with consistency and I get in shape. This further affirms my belief that exercising consistently gets you into shape.



### 2 Identify a NEGATIVE SFP

Example: : I believe that no one will be interested in my opinion. Thus, I don't share my opinion and since people don't know my opinion they can't be interested in it, which reinforces my belief.

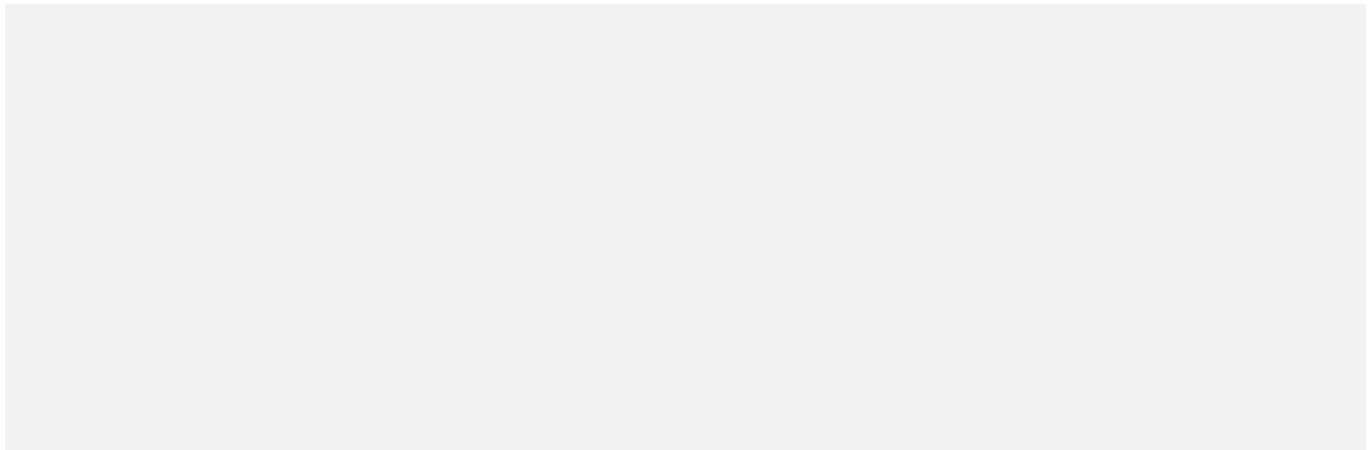


# RESILIENCE

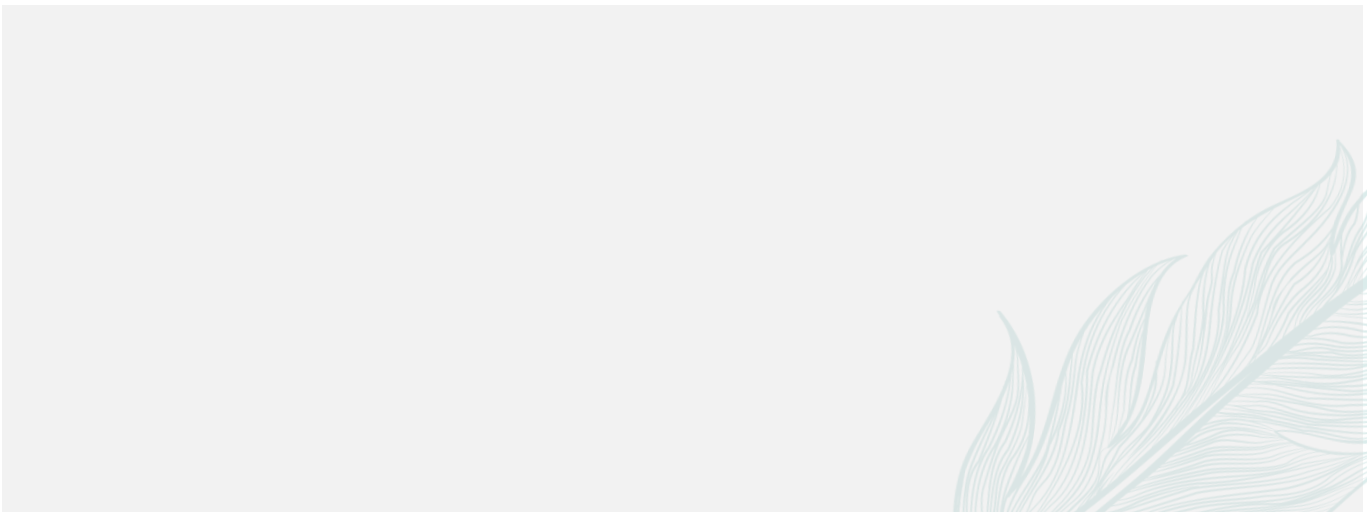
## BUILD YOUR GROWTH MINDSET

We know that growth mindset is the key to grit - it's what takes you from good to great with less anxiety. How can you build it? Add the word "yet" anytime you hear yourself say something that you can't do. It will take you from you can't do it, to you can. It reminds you to be curious and open, and reminds yourself that things can change. It redirects you in a way that can be really helpful! Do the activity below. Then reread the list with "yets" and just notice - what is that like? How does it feel? What happens to your mindset as you add that simple statement to the end of your sentences?

- 1 Make a list of things you can't do. Example: I can't speak Japanese.



- 2 Re-write the above statements and the word "yet" to each one.  
Example: I can't speak Japanese YET



# RESILIENCE

## WALK THE TWO PATHS

Use your own recent triggers or reflect on the sample triggers below. What would you think to yourself if you were going through the judger path vs the learner path? This can come in the form of questions or statements.

Judger path questions tend to be yes/no questions like, "What is wrong with me?" and have statements that judge character like, "I'm a loser" or "He's a jerk."

What types of questions would you ask yourself to keep you solution-focused vs problem-focused? Hint: ask yourself open-ended questions that start with words like "What" and "How." For example: "How could I have done things differently?" Learner statements are things like, "That's OK - I'll prepare better next time."

- 1 Trigger: You get a call from a family member that you left the oven on when you left the house.

Judger statements/questions:

Learner statements/questions:

# RESILIENCE

## WALK THE TWO PATHS

2 Trigger: Your best friend/partner doesn't call you on your birthday.

Judger statements/questions:

Learner statements/questions:

3 Trigger: You look in the mirror and realize that your pants are fitting much tighter than usual.

Judger statements/questions:

Learner statements/questions:



# RESILIENCE

## (H)OM-work

Set a timer to go off at random times throughout the day (or every hour if that's easier). When the alarm goes off, notice what you were just thinking about and write your thoughts down. Notice: is the thought helpful, or is it one that doesn't serve you? Remember that noticing is the first step. Awareness precedes change. Once you become aware of these thoughts, you can more easily see when you're on the judger path and shift into the learner path by asking yourself different questions.

Sample Learner questions:

- What do I want?
- What works?
- What are the facts and what can I learn?
- What are my choices?
- What action steps make sense?
- What's possible?
- What do I need?
- What's the other person thinking/feeling?
- What am I assuming?
- How can I turn this around?
- What's the big picture?
- What's the first step?

Write your thoughts down here:



# Want more? Perfect!

I created Freedom School for the rebels. The wanderers. The wild ones who don't want to live life only half awake. The ones who want to start creating the life they were meant to live - NOW.

We are a community committed to evolution, to training our brains to work for us, not against us. We use mindfulness and other Jedi mind tricks to put our spiritual evolution on fast forward, and we do it in a way that is real, authentic, and full of love - not judgment.

We know that life is short, no matter how long, and we don't want to waste it with unnecessary suffering or caring about what other people might think about how we choose to walk our path.

We want true freedom - inside and out.

As we say in Freedom School: Free Your Mind. Free Your Life.

Welcome home. Come join us - you won't regret it!

Learn More

[www.anaverzone.com/freedomschool](http://www.anaverzone.com/freedomschool)





Resources, courses and a killer support group to keep you motivated on your wild journey to a

Free Life

