



REFLECTIONS



TRAITS OF RESILIENCY HOMEWORK FOR EPISODE THIRTEEN

In episode 13 of the Dauntless podcast, we hear from martial arts expert Shannon Lukeman-Hiromasa. Shannon experienced an extremely traumatic event at a young age, but instead of succumbing to that trauma- she was able to use it as a catalyst for a major change, and created a life-altering new path for herself. Shannon demonstrated incredible resolve in herself, and determination for her new course of action. She also has shown extraordinary grit and resilience throughout her life and career.

We know from the research and data on peak performance that resolution and unwavering commitment is critical to achieving anything. So what can we learn from Shannon?

Resilience is defined as the ability to recover quickly from adversity. The research shows that people are more likely to learn from difficult or traumatic situations (resilience) than not.

There are several personal qualities that are considered 'protective factors' in individuals who are resilient. These factors are based on years of research.

The personal resiliency indicators are:

- Relationships - the ability to form positive relationships
- Helpfulness - gives of self to help others
- Life Skills - practices good life skills such as communication, problem solving, etc.
- Humor - ability to laugh at difficult situations
- Inner Guidance - uses internal guidance for making choices and coping with problems
- Perceptiveness - ability to understand people and situations
- Independence - ability to make choices that are best for oneself despite the norm
- Optimism - hopeful view of the future
- Adaptability - ability to adjust to changing needs and circumstances
- Love of learning - interest in and capacity to learn and grow
- Self-motivation - internally driven
- Competence - mastery of something that matters
- Self-worth - sees self as a worthy and worthwhile person

- Spirituality – faith in a power greater than oneself
- Perseverance – ability to keep on in the face of difficulty
- Creativity – use of imagination and expression through some artistic outlet

(Adapted from The Resiliency Workbook, Nan Henderson)

Most people have some of these characteristics. We can build our resilience by developing traits and characteristics that we do not currently possess.

1. Highlight or check off the traits and characteristics that you possess. Be real and honest with yourself. You might think you're hilarious and have an amazing sense of humor- but would your friends or family agree with you? Dig deep and try to be as objective as possible in your assessment.

2. Now, write here any traits or characteristics that you would like to develop to build your resilience. Use the list above as a guide. Where are your weaknesses? Opportunities for improvement? Blind spots? Try to think of at least five traits.

- 1.
- 2.
- 3.
- 4.
- 5.

Ok, now you have a starting point. You now know at least a few critical areas that you can work on in order to become more resilient.

But here's the real question: how can you build up those traits or characteristics? Each of the traits above are very different and require vastly different strategies to cultivate.

This is where the real work begins. Try to now brainstorm at least one tactic for each trait.

For example, say you need to work on building your creativity. One way to do so is to **stimulate all of the senses**. Try something different that involves the senses. For example, go to a wine tasting, art museum, concert or even a masseuse. You just might discover a fresh idea by stimulating your body and mind with new things, and thus- start to build up your creativity.

Write your ideas for each trait below:

- 1.
- 2.
- 3.
- 4.
- 5.

Now it's on you. Get out there and execute on this. Need help? I'm here for you.
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