

**PRACTICAL SELF-IMPROVEMENT**

**Session 1: The benefits of happiness to build resilience in an uncertain world**

**Notes**: “Wow” moments (make a note of the things which make you “click”…ie “wow moments” eg. key ideas, thoughts or statements – you can then refer to them in future)

**EXERCISE 1: INSTRUCTIONS:** Tick the behaviours that sound most like you (the please complete the rest in your own time)

* **For all the ticks:** In the next column outline what you believe about yourself to think that
* In the next column outline jot down any counter arguments for those beliefs
* In the last column write down an ATERNATIVE action next time you are in that situation
* If you do it, make a note on how it went!

|  |  |  |  |
| --- | --- | --- | --- |
| **EXAMPLE:** I keep my thoughts to myself because I don’t think I have anything worth sharing | *I believe others know more than me. I’m often in the wrong. I don’t have any ideas worth listening to.* | *My idea was used for the project that won an award. I was able to correct the mistake of a teammate before a report was handed in.* | *Next time I will make one suggestion to test the response of the group. (And I’ll also think about how THEY acknowledge my idea before I think it’s me at fault.)* |
| **Behaviours (habits)** | **What must I believe of myself to think that?** | **Examples the DISPROVE my thinking** | **What could I do instead (of column 1)** |
| I keep my thoughts to myself because I don’t think I have anything worth sharing |  |  |  |
| If I’m not completely sure I can do something I think “Why bother trying” |  |  |  |
| I avoid talking to people because I’m worried about coming across poorly |  |  |  |
| I often second-guess myself |  |  |  |
| I often second-guess what others will do |  |  |  |
| I tend to apologise, even when I’m not in the wrong |  |  |  |
| I don’t tend to take risks because then I won’t fail |  |  |  |
| When I *have* failed I spend ages thinking about what went wrong |  |  |  |
| I give up easily |  |  |  |
| I often think “I’m not good enough” |  |  |  |
| I don’t ask questions because I believe others will laugh at me |  |  |  |
| I’ve missed out in the past because of fear or self-doubt |  |  |  |

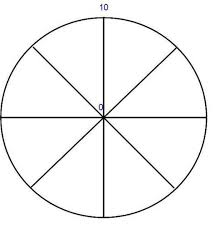
**If you *changed* your response – reflect on how it might work and what your new thinking…and habits are.**

***Goal***

***To do list (segments)***

***Where are you (1-10)***

***What action will nudge the number upwards?***

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***Of those actions, what ONE thing will you do today?***

***If you did it – how did it go***

[www.draudreyt.com](http://www.draudreyt.com/)

YouTube: Dr Audrey Tang <https://www.youtube.com/channel/UCnn8-Waxrg6TmuNPHL1NQmg?view_as=subscriber>

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***Diagram

Description automatically generated***

***3 dip model of resilience (most models only see resilience as surviving crisis)***

My Positivity Reservoir

My VALUES

3 GOOD THINGS/PEOPLE