

**BUILDING RESILIENCE (emotional & mental strength)**

**Session 10. FLOURISH!**

**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)

Do people love the “image” or the truth?

Do YOU know the difference?

***Everyone can look beautiful from afar…true beauty (of self and character) is how you look up close and personal!***

1. What is the REAL you?
2. What “you” do you show others?

State your VITALS:

**Values**

**Interests**

**Temperament**

**Around the clock**

**Life goals**

**Strengths**

ASK YOURSELF:

* *How often do you find yourself speaking “Professionally” rather than expressing how you really feel?*
* *When this happens, do you have an opportunity to express your true feelings?*
* *With whom does it happen?*
* *With whom are you most comfortable? (and can you spend more time with them?)*

***LIVE CONSCIOUSLY***

*What do you enjoy and can you add more of it in your life?*

**Edit your life**

* *When, where, and with whom do you find you are most at ease? Why?*
* *What would happen if you were to say what you wanted to say, or voiced how you feel with other (specific) people?*
* *Why are you less “authentic” with them?*

***MINI QUESTIONS:***

*- how do you envision a relationship that will make you happy? (Unfortunately, you will not be able to put a specific person there, because their choice is always their own - but you can have an idea of the type of person you seek.) This may be the type of client you want to work with, or the type of person you want in your team – as well as a personal friendship.*

*- Set out what values you want in that person, and what you are not willing to accept.*

*THEN focus on living THOSE Values!*

**What’s your “why”?**

* ***ASK YOURSELF***
* *What originally brought you to your job/tribe/lifestyle*
* *What is meaningful to you about your job/tribe/lifestyle*
* *What are the ways in which your role has changed*
* *What do these changes now allow you to do? (AND – What changes do you need to make to grow in the direction you want?)*

**Appreciate your efforts**

* ***REFLECT***

*Think about a recent problem or situation you have faced.*

*Ask yourself – what might you have told yourself last year?*

*Acknowledge the change in your mind set.*

***Reflect on your needs***

***ASK YOURSELF***

* *What areas do you fear “isolation”? Do you engage in behaviours you do not enjoy simply because others are doing it?*
* *Why is inclusion in those areas so important? What need does that fulfil?*
* *How can YOU fulfil it? (eg: If you want “likes” – then can you simply BE with people who like you IRL!!)*

**BE MORE YOU**

**TRY THIS:**

* *Look how far you've come.*
* *Ask yourself: i) what does your ideal life look like?*
* *ii) list your achievements both professionally and personally which contribute to that ideal*
* You may notice you are already there!
* **Ask:** Those who ask may get rejected; those who don’t never do (because they don’t ask); those that keep asking – eventually get what they want!
* **Every SUSTAINED** action or choice brings results
* Lend yourself to others GIVE yourself to yourself!
* Your brain’s job is to protect you NOT to make you happy – you must choose happiness yourself.
* Every so often ask yourself “What do I REALLY want?” (and re-align)
* To change your beliefs, you must CHANGE YOUR SELF-TALK and/or CHOOSE YOUR ENVIRONMENT WITH MORE CARE
* Mistakes are inevitable – learning is optional!
* When solutions to our problems require the co-operation of others, you cannot force, but you can try to do your best to invite the help you need (and make it want to come!)
* “When one is ready for a thing, it puts in an appearance” – put in the work to MAKE YOURSELF READY!
* You are RIGHT WHERE YOU ARE MEANT TO BE…if you are looking for a sign this is it. TRUST.

**www.draudreyt.com**

**YouTube: Dr Audrey Tang https://www.youtube.com/channel/UCnn8-Waxrg6TmuNPHL1NQmg?view\_as=subscriber**

**@draudreyt**