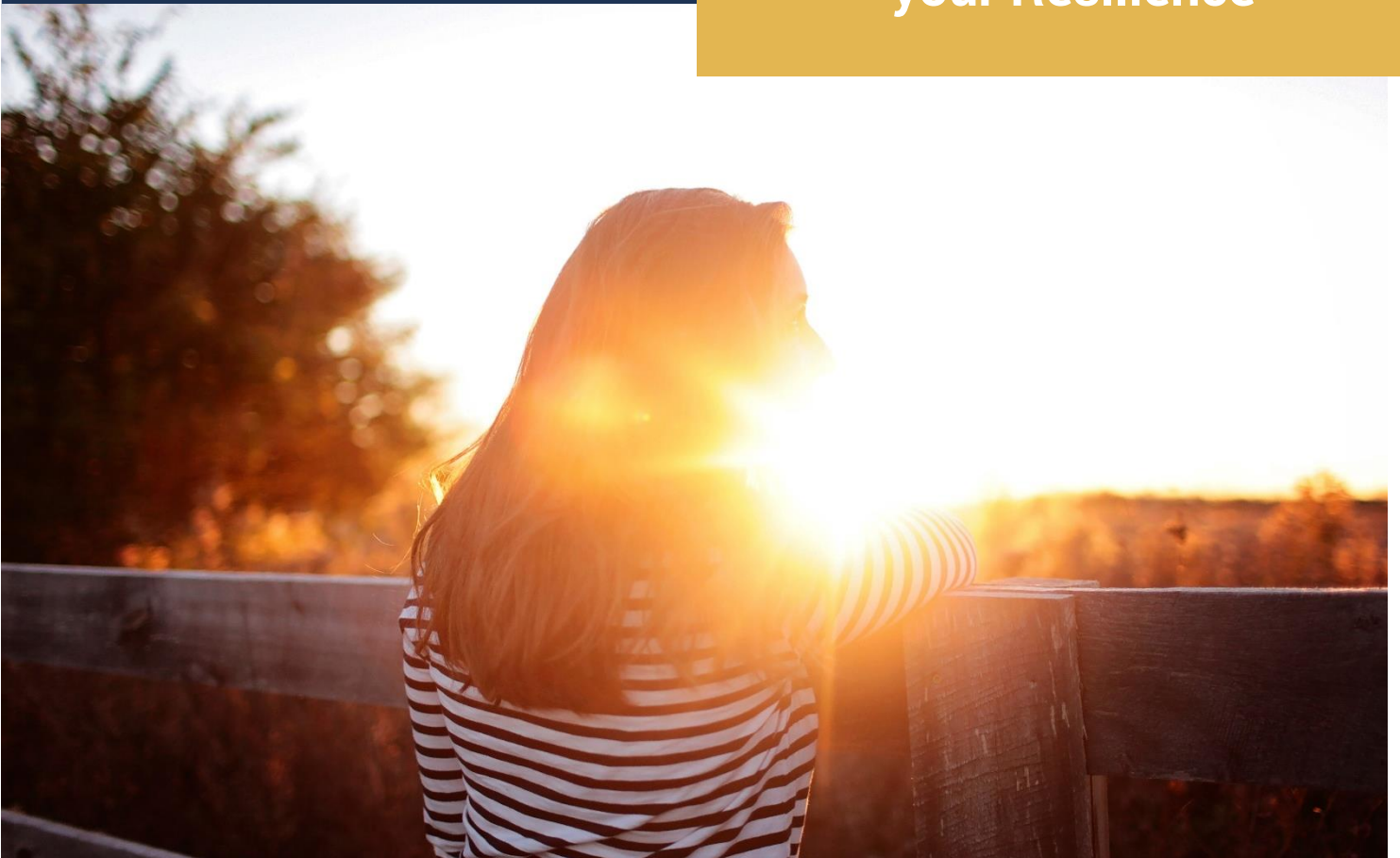
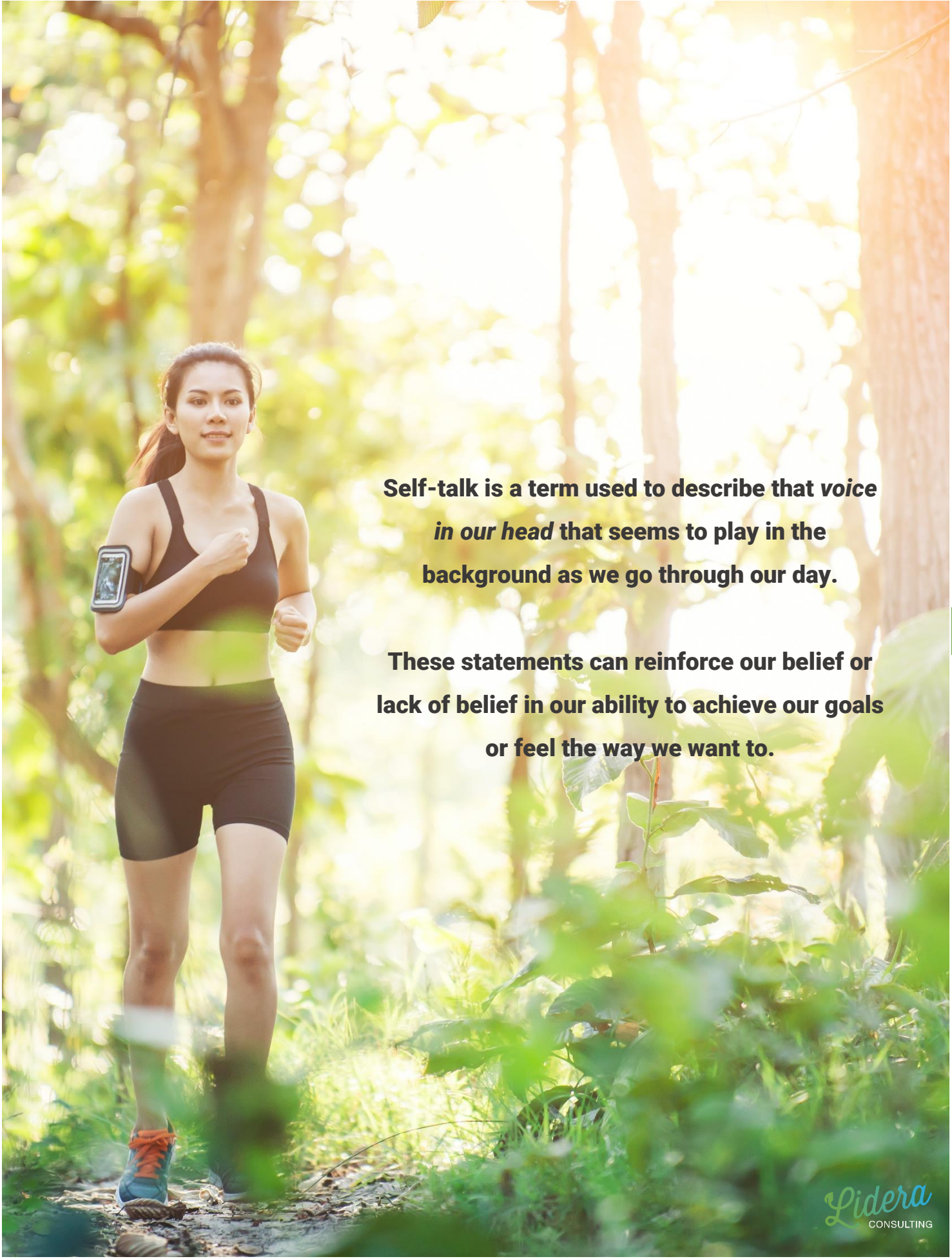


Practice Optimism

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How to Re-Boot
your Resilience



A woman with long brown hair tied back, wearing a black sports bra and black shorts, is running on a dirt path in a sunlit forest. She is wearing a black armband with a smartphone attached to her right arm. The background is filled with tall trees and lush green foliage, with sunlight filtering through the leaves, creating a warm, golden glow. The overall mood is peaceful and energetic.

**Self-talk is a term used to describe that voice
in our head that seems to play in the
background as we go through our day.**

**These statements can reinforce our belief or
lack of belief in our ability to achieve our goals
or feel the way we want to.**

Self-Talk Inventory

Research on emotional intelligence shows that the most resilient people tend to:

1. Be aware of their self-talk
2. Have or create positive self-talk that affirms their best intentions, skills, or abilities.

What are some *positive* things I say to myself day to day?

What's one *negative* thing you might say to yourself from time to time?

In the table below, list some examples of negative self-talk that no longer serves you.

Then, in the right-hand column, *reframe* the negative self-talk into **positive self-talk** or an affirmation that will serve you.

3

Negative Self-talk you might say	Reframe into Positive self-talk
<i>i.e. I'm just not good at technology.</i>	<i>i.e. I learn new things easily, especially when I practice.</i>

Look at the positive self-talk you have created above. What is one affirmation, that if you said this to yourself consistently, could make the biggest difference? Circle that one, and commit to using that positive self-talk for the next week. If you catch yourself saying the negative self-talk, just notice it - and then quickly replace it with the positive re-framed version.

Ask Better Questions

When we ask ourselves a question, it's as if our brain does an 'automatic search' to find the answer to that exact question. If we ask a limiting question, we'll likely get a limiting answer. If we ask a resourceful question, we'll get a more resourceful answer.

For example, if I ask myself, *'how come I never lose weight?'* my brain will come back with answers like 'you don't exercise enough', or 'you eat too many high fat foods' or worse 'because you have no discipline'.

If I *reframe* the question to focus on what I **do** want, I'll get a better answer: *'What can I do to lose weight and enjoy the process?'* My brain is likely to come back with some ideas. *Exercise 3 days a week, don't eat high fat foods after 8 pm, etc.*

In the table below, list some examples of negative questions you might ask that no longer serve you - write those down in the left-hand column.

Then, in the right-hand column, *reframe* the negative question into positive question that *will* serve you.

Negative or limiting question	Reframe into Positive question
<i>i.e. Why am I always late?</i>	<i>i.e. What's one thing I can do, to be on time, consistently?</i>

As with the Positive Self-talk on page 3, look at your more resourceful questions above on the right. Choose one question that you could ask yourself that would give you more resourceful answers, and focus on that question this week.

5 Steps to Asking Better Questions

01.

Be aware of the questions you ask yourself.

Ever misplaced your car keys and thought, 'Why do I always forget my keys?'

02.

Interrupt and correct yourself!

I don't always forget my keys! I've remembered them every morning for last 30 days!

03.

Think about what you do want.

I want to remember my car keys (duh) and be able to find them easily, every time.

04.

Re-frame the question to ask for what you do want.

What's one thing I can do so that I can always find my car keys easily?

05.


Practice.

Keep re-framing your questions until it becomes a habit.



Commit™ to Optimism

Look at your Self-talk inventory and Better Question planning sheet. Wow. That's a lot of work you've done already. Use the **COMMIT** method to guard against falling back on limiting habits and create a *plan* to build your optimism and resourcefulness.



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C

Create Clarity

Pick **one** area you want to work on. i.e. positive self-talk: now get clear: 'I want to be **aware** of my negative self-talk and **stop** myself in the moment. Remember to add WHY. 'I want my kids to have healthy self-talk, so I need to model that'.

O

Opportunity

What are some ways you can practice optimism? i.e. when I catch myself saying something negative, I'll write it down. I'll say, 'Delete' and replace it with a positive statement. I'll make a list of positive self-talk statements. I'll say them to myself as I walk the dog. And so on.

Brainstorm a list of 10 or more ideas!

7

M

Move

Look at your list of possibilities above. Identify 2 ideas that would lead toward your goal.
Pick **one** and take action **today!** Actually, **right now!** Do it.

M

Measure

How will you know you're practicing optimism? I'll track the number of negative statements I've said. I'll mark on the calendar each time I walk my dog while using positive self-talk. Notice what's working, what's not, and then fine tune and keep going.

I

Involve

Involve others. Who could you invite to do this with you? Who might remind you when you say something limiting? Who can you tell what you're up to?

T

Take time

Take time to celebrate your success. Even one moment. Celebrate the small wins.

Remember, consistency is **KEY**.

Stay with it.

Don't give up. **COMMIT**.