

Roadmap to Resilience

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ACTIVITY SHEET



Resilience has more to do with emotional flexibility, than it does with emotional strength. Resilience is like the flexibility of a tree that bends with the winds of change and is promptly restored once storms subside. Trees exposed to wind end up establishing a deeper and more secure root system, allowing them to have greater stability and growth. So, if you've been through some storms in your life, be encouraged, whatever you go through you can grow through.




SESSION OBJECTIVES

This session is designed to help you understand:

- (a)** how ready you are for sustainable change
- (b)** how your focus will help determine your future
- (c)** how to transition from negative to positive motivation

Are you ready for change?

Have you been fighting certain storms in your life for so long, that you feel exhausted? Do you believe change is not yet plausible because the storm still rages? Are you waiting for the storm to cease before considering how to make a change for good? There are many reasons, excuses and justifications that people offer to explain why they seem stuck in life. Some of these reasons may indeed be valid. However, change is a choice fuelled by faith.



YOU MAY DESIRE TO SEE POSITIVE CHANGE IN YOUR LIFE, BUT THAT DOESN'T MEAN YOU ARE READY FOR CHANGE. IF YOU FIND YOURSELF MAKING EXCUSES AND OFFERING JUSTIFICATIONS FOR YOUR CURRENT STATUS AND RESISTANCE TO CHANGE, YOU MAY BE STUCK IN ONE PARTICULAR STAGE. THERE ARE A NUMBER OF DIFFERENT STAGES YOU WILL TRANSITION THROUGH ON YOUR JOURNEY TOWARDS SUSTAINABLE CHANGE.



In the table below, identify:

- (a) the stage of change that best represents you at this time,
- (b) consider what resolutions may be required for you to move to the next stage

STAGES OF CHANGE

RESOLUTION

<p>PRE-CONTEMPLATION (Resisting Change)</p> <p>“I don’t see what the point of change is. Nothing has helped in the past, so why would I expect that anything will help now. Anyway, I am coping just fine the way I am. I don’t see what the big deal is anyway.”</p>	<p>STEP 1: Consider your future</p> <p>Good on you for participating in the Roadmap to Resilience program – see, you have already taken the first step. There must be a part of you that wonders if change may indeed be possible after all. If things were to change, what could your future look like?</p>
<p>CONTEMPLATION (Wanting Change)</p> <p>“I genuinely want things to change, but I’m stuck. I don’t know if I’ve got the time, money, courage or insight to make a change. In fact, I don’t even understand how I got myself into this situation in the first place. I just wish I could go to sleep and wake up with a miracle.”</p>	<p>STEP 2: Cost-benefit analysis</p> <p>Weigh up the pros and cons of changing versus not changing; of staying comfortable or taking a small risk for future gains. If true freedom and well-being is what you want, just take the first step and see what happens next. What have you got to lose?</p>
<p>DETERMINATION OR PREPARATION (About to Change)</p> <p>“Ok, I’m ready to give it a go! This is my resolution: I will throw everything I’ve got into the Roadmap to Resilience program and apply all the lessons I learn. I will also share what I learn with others. It’s time to roll up my sleeves and fight for my future.”</p>	<p>STEP 3: Now is the time</p> <p>Don’t put it off any longer. Change starts today. Start by clarifying, what does ‘change’ actually mean and look like. Take your first step. You can do it. Change is possible. Today is the first day of the rest of your life.</p>
<p>ENGAGEMENT (Executing Change)</p> <p>“I have completed all exercises in the Roadmap to Resilience program so far. I am open and transparent about my challenges as well as my dreams and aspirations. My journey towards transformation has begun and I feel good about having come this far.”</p>	<p>STEP 4: Stay focused</p> <p>Congratulations. The effort you are making is well worth it. It’s not over yet. There are a number of challenges still yet to overcome on this journey. Stick with your plan. Consider in advance some of the obstacles that might set you back. Brainstorm potential solutions in advance.</p>
<p>MAINTENANCE (Sustaining Change)</p> <p>“I’ve already made significant changes in my life; my emotional health continues to improve, and I have a genuine sense of wellbeing. I want to be sure the gains I’ve made will continue into the future”.</p>	<p>STEP 5: Consider long-term goals</p> <p>Mental health and emotional well-being is sustained through a balanced lifestyle. Establish habitual patterns of behaviour for ongoing growth and create contingency plans for any future unforeseen challenges.</p>



Q: On your journey towards change, which **stage of readiness** are you in?

Q: To advance to the next stage, what **resolutions** must you commit to?

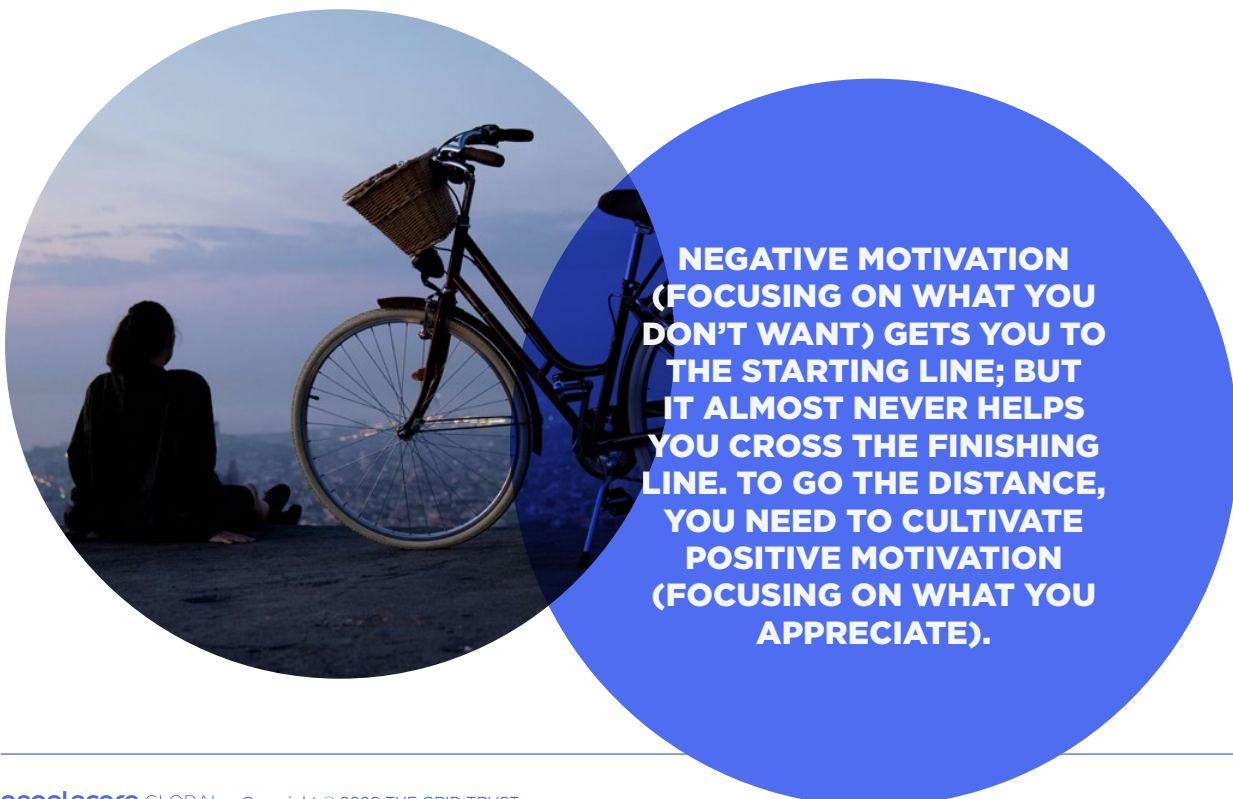
THE ELECTRICAL ENERGY FROM LIGHTNING IN A THUNDERSTORM SEPARATES NITROGEN ATOMS IN THE AIR. WHEN THEY FALL TO THE EARTH WITH RAINWATER, THEY BECOME INFUSED WITH MINERALS IN THE SOIL TO FORM NITRATES. NITRATES SERVE AS A FERTILIZER FOR GROWTH. IN THE SAME WAY, WHEN THE STORM CLOUDS GATHER AND THE LIGHTNING CRASHES OVER YOUR LIFE, IT PRESENTS AN OPPORTUNITY FOR GROWTH.

Check your motivation

Whatever you water in the garden of your mind will grow. Whatever you focus on, you get more of. However, if you always focus on what you don't want, you'll simply get more of what you don't want. Gratitude is the key that helps you renew your mind. If you focus on what you appreciate, you tend to increasingly discover more good things to be thankful for. Motivation works in the same way.

Q: What are the specific things in your life that you would like to see improve?
(mental, emotional, behavioural, relational or spiritual)

Q: What is it you appreciate about these areas of life that inspires you to improve?



**NEGATIVE MOTIVATION
(FOCUSING ON WHAT YOU
DON'T WANT) GETS YOU TO
THE STARTING LINE; BUT
IT ALMOST NEVER HELPS
YOU CROSS THE FINISHING
LINE. TO GO THE DISTANCE,
YOU NEED TO CULTIVATE
POSITIVE MOTIVATION
(FOCUSING ON WHAT YOU
APPRECIATE).**