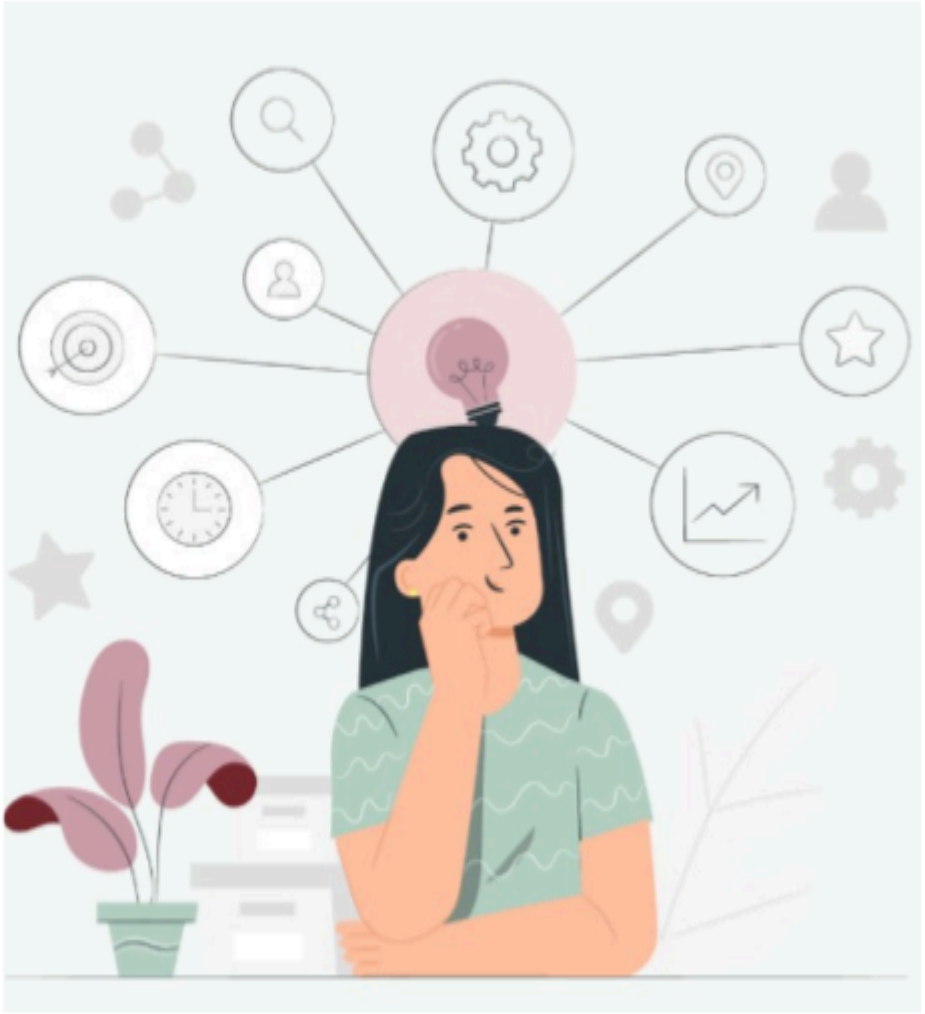
Resilience Training

Tenacity

The 5th Domain



Tenacity includes a fundamental element of resilience - the ability to bounce back quickly from a setback. When working towards your own goals or goals shared with others, having tenacity is crucial to achieving them.

A lot about this ability comes down to your personal drive and a conscious decision not to give up, even when things get tough. This decision is a commitment to yourself that you will keep going, and that any challenges you face will only make you stronger.

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ver the next week

Day/Date _____: Consider if you agree with this statement: *"By being persistent, I can achieve anything I set my mind to."* Think about and write down three examples of where you've been persistent and succeeded. Have you already proven this to yourself?

Day/Date _____: 2-minute ask-a-friend challenge - Ask a friend (or colleague or manager) if they agree with this statement: *"By being persistent, I can achieve anything I set my mind to."* When they give you their response, ask why, or why not?

Day/Date _____: Consider if you agree with this statement: *"I can manage and overcome any crisis."* Think about and write down three examples of where you've had to face crises or difficult situations and overcame them. Have you already proven this to yourself?

Day/Date _____: 2-minute ask-a-friend challenge - Ask a friend (or colleague or manager) if they agree with this statement: *"I can manage and overcome any crisis."* When they give you their response, ask why, or why not?

Day/Date _____: Consider if you agree with this statement: *"Facing stress and adversity will only make me stronger."* Think about and write down three examples of times of high stress you've faced. Reflect on them and consider how you have grown from those experiences.

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For each task, think back and write down something that went wrong or a mistake that you made recently or in the past. Use the guidance below to rethink each situation.

For each day as you think back to these situations, consider the following. Write down your answers.

- Back when the situation happened, did you judge yourself harshly?
- Looking back, was it such a big deal after all? Were you able to minimise damage afterwards?
- How has the situation helped, or what have your learned from the experience?
- Was it really, you're doing, or was there someone or something else to blame? Take ownership if it was, you're doing, but recognise if there were other factors.

Day/Date _____: Think back to a mistake at work or with a project you were working on.

Day/Date _____: Think back to a mistake with a relationship or partner.

Day/Date _____: Think back to a mistake at home (hobbies, health, money).

Day/Date _____: Think back to a mistake with family or friends.

Day/Date _____: Now assess your thinking over the past four days. Did you manage to think constructively about previous mistakes? Were you able to reassess them? What stood out for you as something to remember about dealing with mistakes in the future? Write it down.

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