Resilience Training

Vision

The 1st Domain

VISION

Vision involves having a sense of purpose and clear goals that you are actively working towards.

Over the next week

Day/Date _____: Attachment is about having close connections with family, friends and colleagues. Consider the following and write down your answers:

- Do you currently make time to spend with family and friends, doing things that are meaningful to you?
- Do you have colleagues who you enjoy working with? If you answered no to either of these - why is that?

Day/Date _____: Control is about having options available you can choose, and orientation is about knowing which direction you're heading in. Consider the following and write down your answers:

- Do you have clear direction about what you want to achieve?
- Does the world make sense to you? If you answered no to either of these - why is that?

Day/Date _____: Pleasure and avoidance of pain means doing things you enjoy. So, consider the following and write down your answers:

- What do you currently do that you enjoy?

Day/Date _____: All three needs (attachment, control, and pleasure and avoidance of pain) contribute to maximising self-esteem and motivation. Consider the following and write down your answers:

- Do you currently have goals?
- If you do, do you feel that you are making progress towards achieving them?

Day/Date _____: Thinking more about brain needs and self-esteem maximisation consider the following and write down your answers:

- Have you noticed any conflict in your goals or priorities?
- If there are conflicts, why are they happening?

Before you start

Here are a few guidelines to set a resilient vision.

Step 1 Mentally set the scene. Think of yourself decades from now – ten, twenty, thirty years from now. Keep in mind your vision and think about your personal and professional life. Think of the kind of person you are then and what you are like. What would you want to be like, or what would you like to have achieved to be proud of yourself? In this future, how are you working towards your own vision?

Step 2 Now, clarify the traits and characteristics that you have in this future scene. For ideas, look through this list of characteristics. Which ones best describe your future self that is achieving your vision?

• Accurate	• Disciplined	• Influential	• Reasonable
• Active	• Earnest	• Interesting	• Relaxed
• Adventurous	• Easy-going	• Inventive	• Reliable
• Ambitious	• Educated	• Kind	• Resilient
• Appreciative	• Efficient	• Level-headed	• Resourceful
• Artistic	• Energetic	• Likable	• Respectable
• Calm	• Enterprising	• Logical	• Respectful
• Capable	• Entertaining	• Loyal	• Responsible
• Cheerful	• Enthusiastic	• Mature	• Self-disciplined
• Clear-Headed	• Fearless	• Meditative	• Self-reliant
• Clever	• Forgiving	• Objective	• Sensible
• Competent	• Friendly	• Observant	• Sincere
• Composed	• Generous	• Open-minded	• Skilful
• Confident	• Gentle	• Patient	• Social
• Conscientious	• Good-humoured	• Perceptive	• Systematic
• Considerate	• Good-natured	• Persuasive	• Tactful
• Constructive	• Gracious	• Philosophical	• Thoughtful
• Convincing	• Grateful	• Poised	• Tolerant
• Cool-headed	• Happy	• Practical	• Trusting
• Cooperative	• Helpful	• Precise	• Trustworthy
• Courageous	• Honest	• Productive	• Understanding
• Courteous	• Honourable	• Progressive	• Unselfish
• Creative	• Hopeful	• Punctual	• Versatile
• Decisive	• Humble	• Purposeful	• Warm
• Dependable	• Imaginative	• Quick	• Well-spoken
• Diligent	• Independent	• Rational	• Wise

Step 3

There is a trick to writing down these characteristics that will speed up your ability to absorb them. This trick is to write it down in the form of *"I am…",* as if you have it already. This is important because you may never fully build a characteristic if you don't start telling yourself that you have it already. This is not about faking it, as the reality is that we already have each characteristic to some extent. So what you are effectively doing is *focusing* on a characteristic you already have to enhance it.

There is no such thing as *"fake it till you make it".* There is only *practice.*

Statements like *"I want…"* can make a characteristic seem distant and unachievable, while saying *"I am…"* acknowledges that, even if only by a small amount, you have that characteristic already. It immediately allows you to start building on it. This means you start to practice having the characteristic – and practice is what will help you to grow and improve.

Here are a few examples of the kind of language to use when writing these statements down:

- *"I am confident at work and socially"*
- *"I am successful in my job"*
- *"I am reliable and true to my word"*
- *"I am compassionate and kind to everyone in my life"*
- *"I am persistent in all my goals"*
- *"I actively help the people close to me"*
- *"I am adventurous in my social life"*
- *"I am precise and insightful in my work"*

Step 4

Prioritise the statements in order of what is most important to you. This can be particularly difficult, but it is important to put this effort in now rather than to avoid it. It is important because, if you come a decision that involves a trade-off between one characteristic and another, you will already know which is more important to you, and it will help you make a decision and stay on track.

For example, let's say one of your statements is *"I am adventurous"* and another is *"I am reliable and true to my word".* You've promised to help a friend move on the weekend, but unexpectedly a chance comes up to go sailing on the weekend that you really want to do. This can be a big dilemma if you haven't prioritised one statement over the other. If being adventurous is more important, you might choose to go sailing. Otherwise, if being true to your word is more important, you'll help with the move.

Final note

The usefulness of developing a vision for yourself is that it helps you take charge of your own life. It helps guide you through good and bad times, keeping you focused on what is most important.

Over the next week

Day/Date _____: Using the guidelines provided earlier, set version 1 of your own personal vision. Is it to *solve big problems?* Or maybe *help people,* or *improve the world?* Don't worry about it being perfect. Just spend two minutes on this, think about what feels somewhat right and **write it down.** Over time you can come back and refine it.

Day/Date _____: Look back at what you wrote on day 1, think about yourself in the future and **write down** your answers to the following:

- What kind of characteristics in the future could help you achieve your vision?
- What or who would you want to be like, or what would you like to have achieved to be proud of yourself?
- What could best describe you? Pick three to five traits that you'd most like to have, for example; *adventurous, ambitious, confident, creative, disciplined, generous, influential, productive, resourceful, tolerant, wise, etc.*

Day/Date _____: Using the traits you chose on day 2, **write these out** as sentences starting with *"I am...",* adding additional context. For example, *"I am confident at work and socially",* or *"I am persistent with all my goals",* or *"I am compassionate and kind to everyone in my life".*

Day/Date _____: This is a critically important step! Now take the statements from day 3 and prioritise them from most to least important. This can be difficult, but will help you to make decisions when facing difficult choices, as well as set the right goals. **Write down** the new prioritised order.

Day/Date _____: Review your prioritised list and see if it rings true. Check that these support your vision and refine the list if you need to.

Your vision and chosen characteristics are not tied to specific events, so your vision is resilient and can guide you through any situation you find yourself in. This vision will evolve with you as you grow - a good timeframe to review is every six months. **Set a reminder** for yourself in your calendar to come back to this in six months.

Over the next week

Consider the questions below and see if anything jumps out that could be a goal. As soon as you find something, **write it down as a goal.** For example: *"I am working towards a promotion", "I am learning to play the piano",* or *"I am about to raise a child".*

Day/Date _____: Work life

- Do you have big projects you are working on?
- Is your job demanding, leaving little time for anything else?
- Are you putting in extra effort to get a promotion or bonus?
- Are you actively looking for a new job?

Day/Date _____: Family life

- Recently had a baby or have small children?
- Is parenthood taking up lots of time?
- Do you need to look after a sick or elderly family member?
- Are you in a new relationship?
- Do you want a new relationship?
- Does an existing relationship need some help or attention?

Day/Date _____: Friends, acquaintances and colleagues

- Do you plan to go to more social events and outings?
- Is it very important to you to often go out with friends?
- Do you have friends going through tough times and you are helping them through it?

Day/Date _____: Health, hobbies, and side projects

- Are you focusing on improving your health and fitness?
- Do you have a hobby or side project that is important to you?
- Do you play sports at a serious level?
- Do you have something outside of work that is your true passion?
- Are you aiming for personal development, like developing personal resilience, or other ways of improving yourself?

Day/Date _____: take everything that you wrote down over the last four days and prioritise them by what is most important. To help guide prioritisation, look back at your personal vision and consider which of the goals will best help you work towards your vision.

Over the next week

Day/Date _____ through to end of week: On each day, take one of the prioritised goals from the previous activity and make it SMART. *Start with the first one right now.* With each goal (just one per day), consider the following and write down the complete SMART goal:

- Be **specific** - what precisely do you want to achieve?
- Make it **measurable** - how will you know when you've achieved it?
- Is it **attainable** and realistic?

- Make it **relevant** and congruent with other goals and needs. Pay particular attention to this one and look for ways in which this goal can support, and be supported by, other activities in your life.
- Set a **timeframe** - when do you want to achieve this by?

At the end, you should have a statement similar to this: *"To work towards my vision of being a music teacher, I will learn to play the piano at a grade 1 ranking within one year".*

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

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