

The Journey Of Life

Ten Fundamental Principles for Reducing Stress in our Lives

(95% of the Stress in your life is self-induced)

- 1 Focus more on the positive aspects of your life and spend less time exaggerating the negative.
- 2 Stuff happens, learn from it but do not replay bad experiences over and over again.
- 3 Choose to function with a resilient attitude whenever possible.
- 4 Learn to break out of your reactive modes.
- 5 Be aware of the quality of your own self talk.
- 6 Learn to create positive images in your mind when you face new challenges.
- 7 Learn to let things go.
- 8 Eat right, sleep and get regular exercise.
- 9 Take ownership of your day and your life before you leave home.
- 10 Never lose your sense of humour.

"As much as 25% of your day is lost in reacting to what is going on in your day."

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Personal Resiliency At Work

A short list of some practical insights that point the way to the path of personal renewal in these challenging times.

- 1 *Learn to live with **Uncertainty**.*
(security, stability and predictability are things of the past)
- 2 *Beware of the **Victim Mentality!***
(it is an emotional trap that depletes performance and spirit)
- 3 *Learn to Manage your own **Morale**.*
(refuse to commiserate and accept ownership for your own morale)
- 4 *Optimize and Neutralize the impact of **Change**.*
(develop and maintain the capacity to be change hardy)
- 5 *Audit and Invest in your **Own Career**.*
(take personal responsibility for improving and maintaining your value)
- 6 *Be mindful of your own **Attitudes** and Impact on others.*
(sometimes our own view of life is the real problem and other people see this)
- 7 *Develop the capacity for effective **Self Counsel**.*
(become self encouraging and monitor your own self-talk)
- 8 *Recognize the Macro Picture and be **Vigilant**.*
(know where to focus your efforts and predict change before it happens)
- 9 *Dedicate your life to becoming more **Resilient**.*
(focus on becoming more flexible, adaptive and renewing in the face of surprise)
- 10 *Practice effective **Self Care**.*
(maintain energy, spirit and vitality through reasonable health practices)
- 11 *Make a contribution regardless of the **Circumstances***
(circumstances do not determine a person, they reveal them)
- 12 *Take a stand on your principles and deliver it with **Grace and Dignity**.*
(become the change you want to see in your organization)

"Every living human being has to deal with whatever life sends them, and it is only through self confidence, perseverance, knowledge and skills that they will succeed".

Adaptive Teams

1. have a strong sense of purpose
2. are change hardy
3. are chaos tolerant
4. are able to deal with uncertainty and ambiguity
5. can be flexible without compromising values
6. are able to adjust quickly to the situation as it changes
7. are able to incorporate new ideas and new information as it becomes available
8. tend to be realistic optimists
9. members encourage others and anchor themselves
10. deal effectively with surprise, failure and discouragement
11. are rooted in the big picture
12. know that life requires action

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You Can't Run From The Wind

Commitment

- 1 | will deal with whatever surprises life sends me today.
- 2 | will rise above any negativity in my life.
- 3 | will catch myself before I react and seek the means to respond wisely.
- 4 | will smile often.
- 5 | will constantly remember all I have to be grateful for.
- 6 | will always remember that we are all doing the best we can, with what we got at the time we are doing it.
- 7 | will accept people for what they are and endeavor to refrain from judging, criticizing, attacking or discouraging.
- 8 | will try to leave this world better off than when I woke up this morning.
- 9 | Though it will be a struggle "I will constantly attempt to improve the depth of my sleep, the quality of my food, the care of my body, and the state of my mind."
- 10 | will forgive myself and seek greater wisdom when I struggle, slip or fail at these!

CHOICE

Life is less about chance and more about choice. You and you alone make the daily choices of your life. When things are not working well, look to your recent choices and you will discover the cause.

Eight Fundamental Choices in Life.

You can always choose:

- 1 | What you Focus on
- 2 | What you Think
- 3 | What you Say
- 4 | What you Do
- 5 | What Attitude you will employ
- 6 | How you will Respond to life
- 7 | Your Self Talk
- 8 | Your Explanations

Become a silent and conscious witness