Resiliency Habit Development

**Getting to the Root Cause – How am I feeling?**

1. Why am I feeling this way?
2. Why are you really feeling that way?
3. Pattern of who it happens with
4. Pattern of situations that cause it to happen

**Problem Solving – Do I have a problem?**

**If so, is it me or someone else? What can I do differently?**

1. How often does it happen? - Frequency
2. How long do these feelings persist? – Duration
3. What was my role in this resiliency breakdown?
4. What could I have done differently?
5. Does this have more to do with the other person, than me?
6. Time to build a process

**Building and improving processes leading to better and more consistent outcomes**

1. Do you have a proven process?
2. How do I know if it works?
3. What expectations do I have on myself and others?
4. Has it worked?
5. Did I follow it?
6. Does it need to be revised?

**Mindfulness Behaviors – Think before you act**

Examples of mindful, resilient behavior:

1. Reframing setbacks as opportunities for growth.
2. Managing strong emotions and impulses.
3. Focusing on events you can control.
4. Not seeing yourself as a victim.