



The Resiliency Project – Session 8

Resilience...



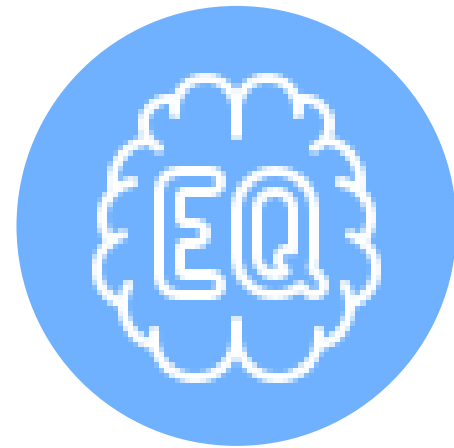
- Bounce back
- Adapt
- Thrive

Best Care EAP

The Resiliency Project



Cultivate a Growth Mindset



Build Emotional Intelligence



Maintain a Positive Outlook



Practice Self-Care



Develop Strong Social Connections



Practice Mindfulness & Self-Reflection



Foster a Sense of Purpose



Set Realistic Goals



Foster Problem-Solving Skills



Embrace Adaptability



Develop Time Management Skills



Seek Help & Utilize Resources

Today

- **Setting Realistic Goals**
- **Reveal How Goals Foster Resiliency**
- **Present a Proven Formula**
- **Preview Our Next Session**
- **How Best Care EAP Can Help**



Let's Review!



A Sense of Purpose

“The heartfelt conviction that your life has meaning, direction, and significance beyond simple day-to-day survival.”



Hones Resilience

- A cushion against stress
- Reframes setbacks
- Promotes overall health



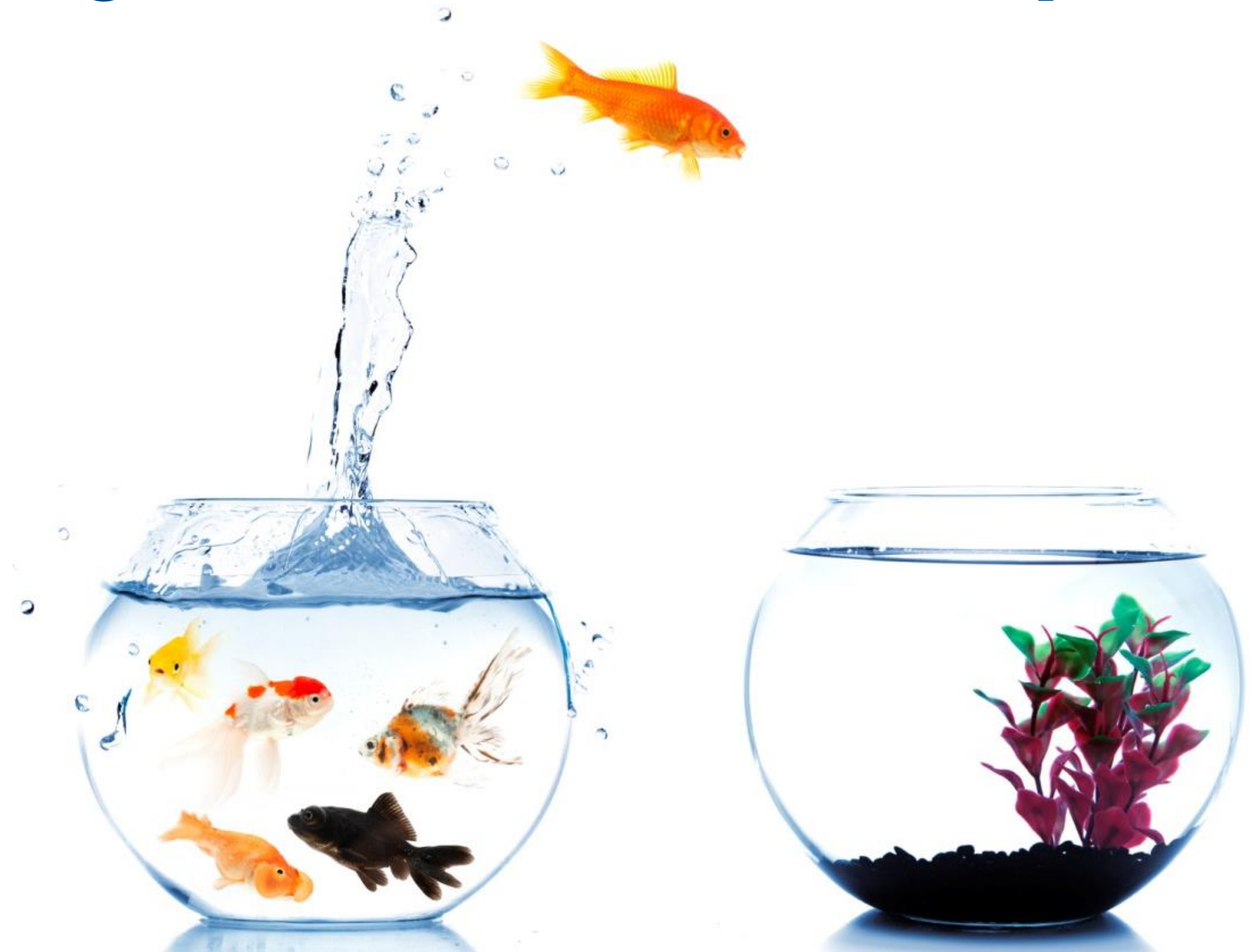
Discover Your Purpose

- Engage in self-reflection
- Set meaningful goals
- Seek new experiences
- Leverage your strengths
- Cultivate meaningful relationships
- Practice mindfulness
- Contribute to something greater than yourself

So, What Did You Work On?



Goal: Anything You Want to Accomplish.



Goals Promotes Resilience

- Focus attention, etc.
- Motivate action.
- Encourage perseverance.



Decide What You Want to Do

- If I won the lottery...
- If I was King/Queen of Everything...
- I want my obituary to say...



Make a SMART Goal

- Specific
- Measurable
- Achievable
- Results-oriented
- Time-based



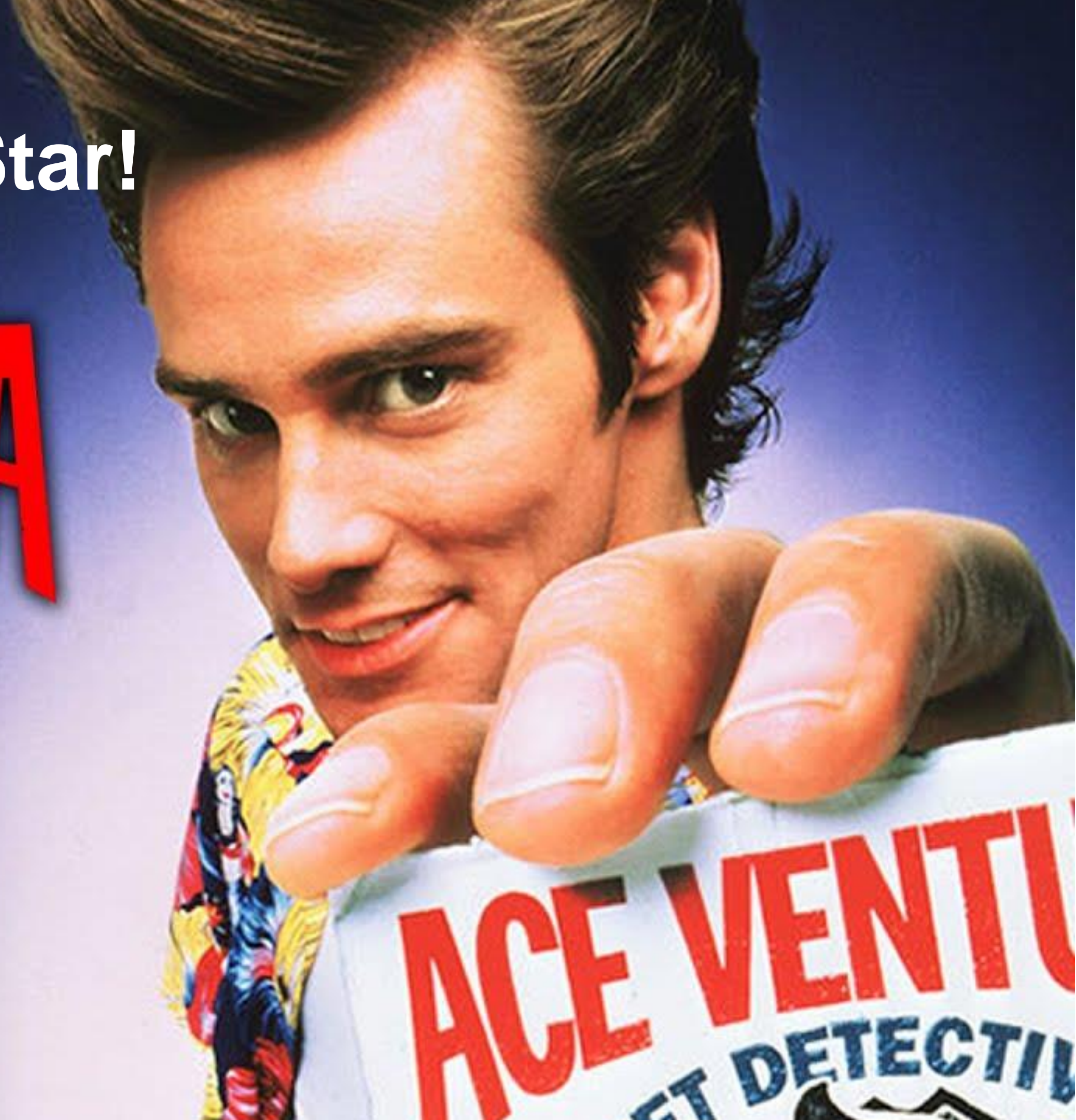
Smart Goals Took America to the Moon!



Made Jim Carrey a Star!

ACE VENTURA

PET DETECTIVE



ACE VENTURA
PET DETECTIVE

5 Biggest Reasons People Fail

A woman with curly hair, wearing a white shirt, is juggling several green balls. She has a focused expression. In the foreground, there is a large, out-of-focus pile of green balls. The background is a plain, light-colored wall.

- Too general
- Can't measure progress
- Unachievable
- No clear result
- Unrealistic deadline

A Few Tips

- Use your own words.
- Keep it short (50 words).
- Think vivid language..
- Post it where you can see it.
- Share your goals with others.



Next Steps...

- Build support for your goal.
- Craft an action plan.
- Review your progress.
- Adjust as needed.



Additional Resources

Books

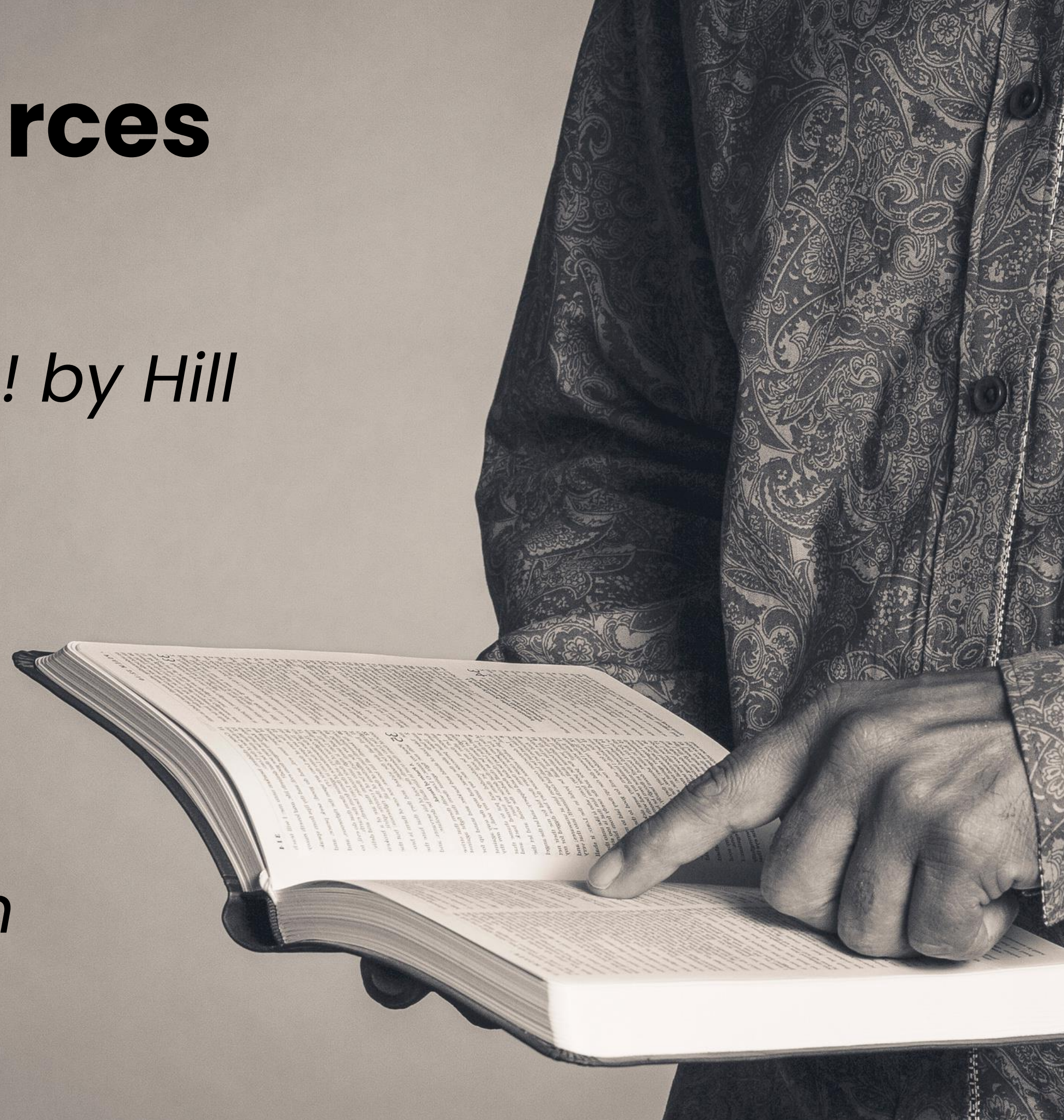
Think and Grow Rich! by Hill

Goals! by Tracy

Websites

www.mindtools.com

www.selfgrowth.com



Your Assignment...

- Set a SMART goal.
- Put it into action.
- Report back in September.





Coming in September

Problem Solving Skills





Best Care EAP Can Help!

Best Care EAP Can Help!



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