



The Coaching Club.

**BE YOUR OWN
SUCCESS COACH**

Workbook

Success Through Resilience

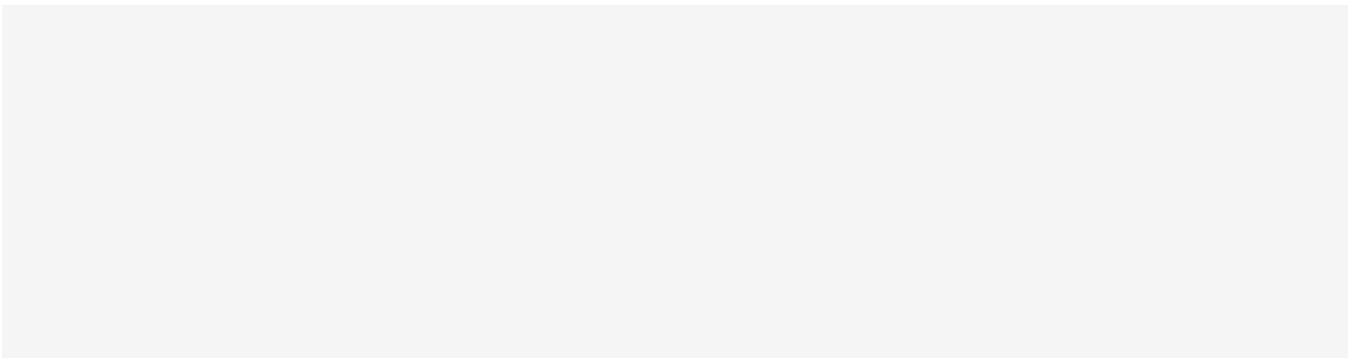
Becoming your own success coach, requires a resilient mindset. Resilience is often about seeing how you can 'get back on the horse' when you've been knocked off and knowing when, how and why you might reevaluate your path.

KEYS TO MASTERING YOUR SUCCESS MINDSET

- 1) **Being crystal clear of your intention(s)**
- 2) **Developing a spirit of resilience**

**RESILIENCE IS ABOUT CONTINUING TO SHOW UP AND 'GO FOR IT',
DESPITE OBSTACLES.**

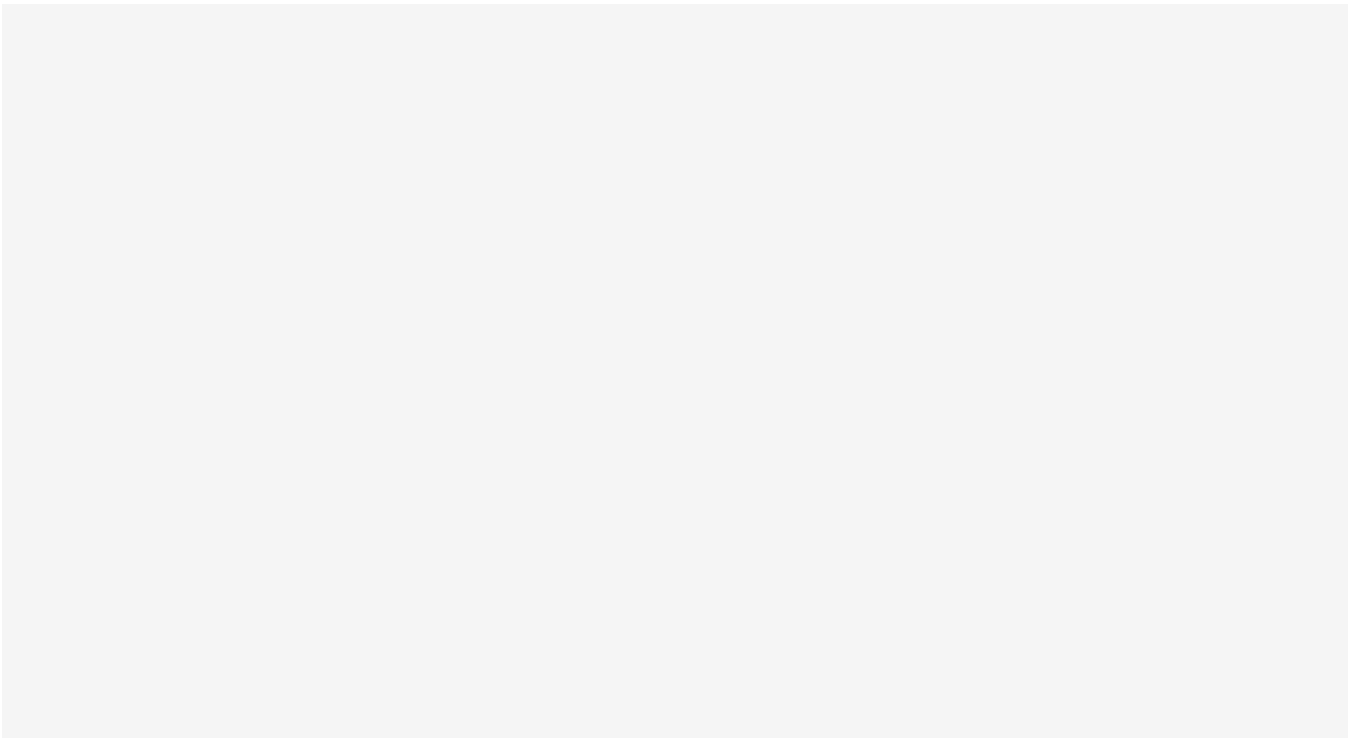
IF YOU WERE TO MASTER A SUCCESS MINDSET, WHAT WOULD THAT MEAN TO YOU?



BE CLEAR OF YOUR INTENTION

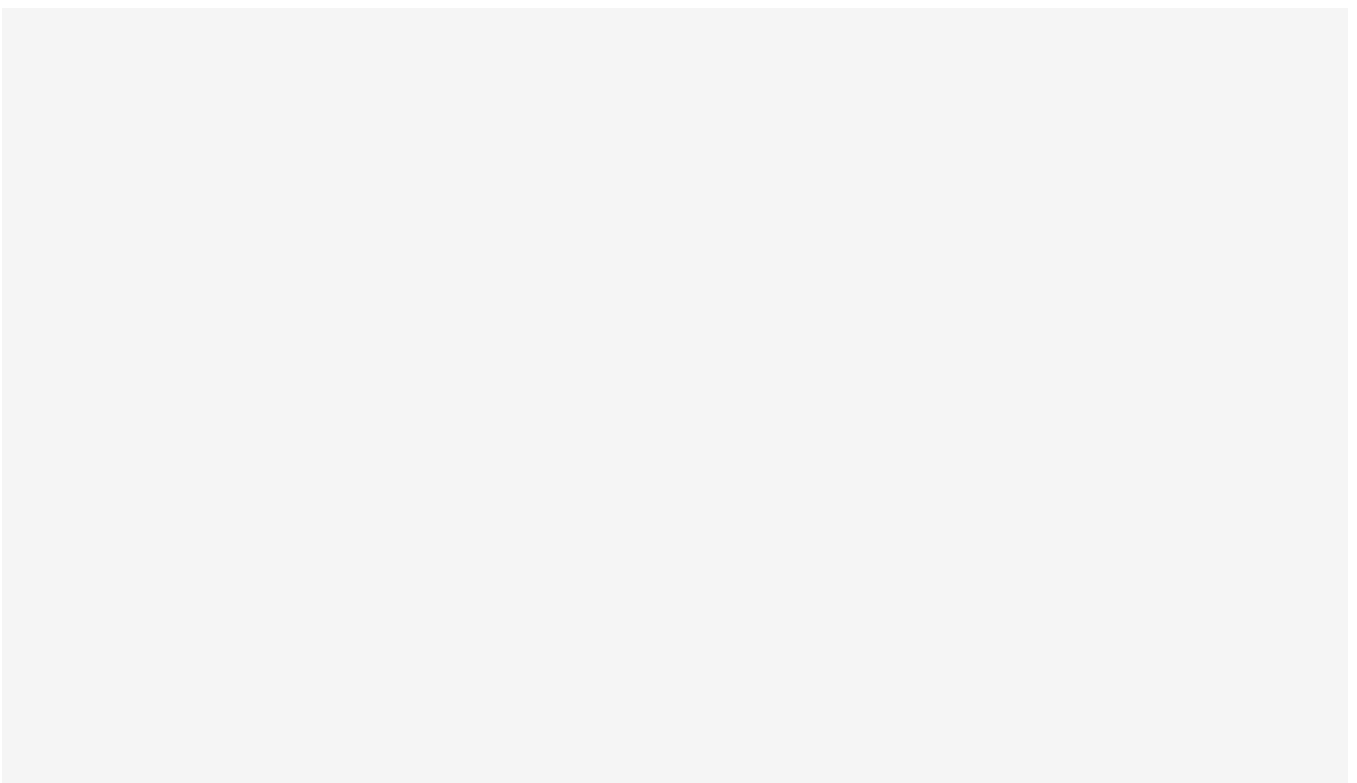
Being clear of your intention, regardless of any specific goals or outcomes you wish to achieve, will help you stay on course when an obstacle comes your way.

THINK ABOUT A TIME IN YOUR LIFE WHEN YOU WERE KNOCKED OFF COURSE AND DIDN'T BOUNCE BACK. IN HINDSIGHT, REFLECT ON WHETHER OR NOT CONTINUING THE COURSE HONOURED, OR NEGLECTED, YOUR INTENTION(S).



NOW, CONSIDER A TIME WHEN YOU GOT BACK ON COURSE AND BOUNCED BACK WITH EASE— WHAT FUELLED YOUR INTENTION(S)?

Specifically think about the **intention**, rather than any specific goal.



COMPARE THESE TWO EXPERIENCES. WHAT WAS DIFFERENT ABOUT YOUR MINDSET?

DID THE INTENTION BEHIND THESE EXPERIENCES, INFLUENCE YOUR ABILITY TO PICK BACK UP AFTER A SETBACK?

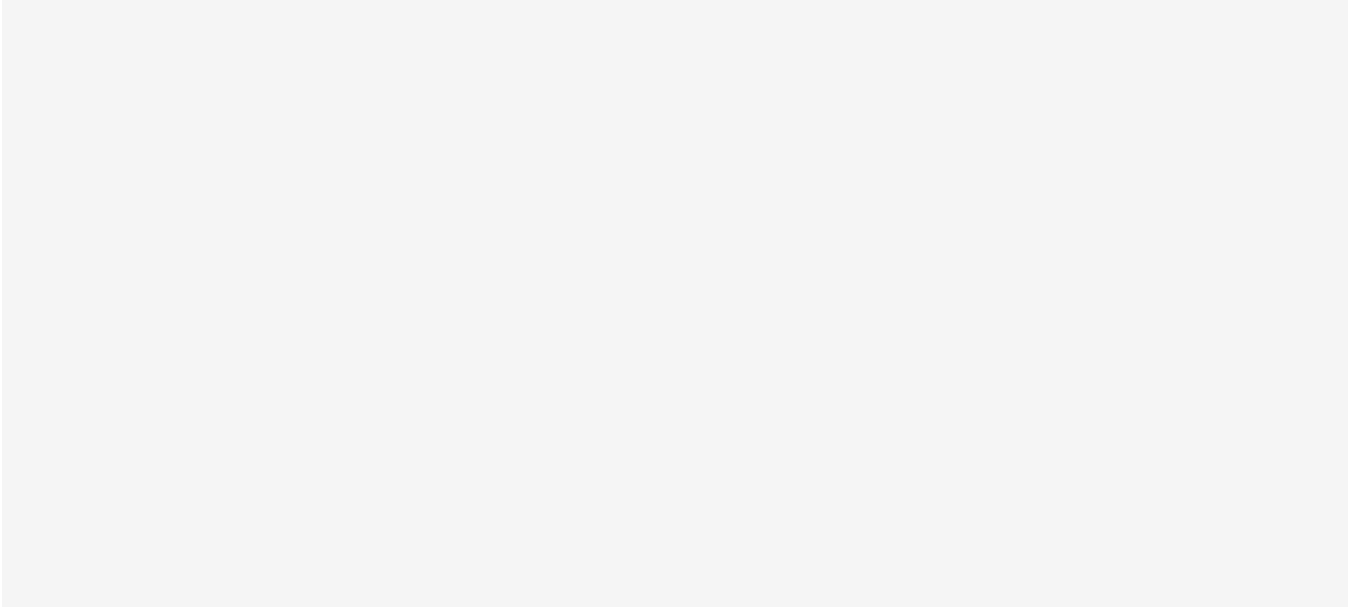
DON'T ALLOW OBSTACLES TO STOP YOU FROM MOVING FORWARD WITH YOUR INTENTIONS.

STRENGTHENING YOUR RESILIENCE

Thinking about times in your past where an obstacle challenged an intention you've had, how did you speak to yourself when faced with things not going to plan?

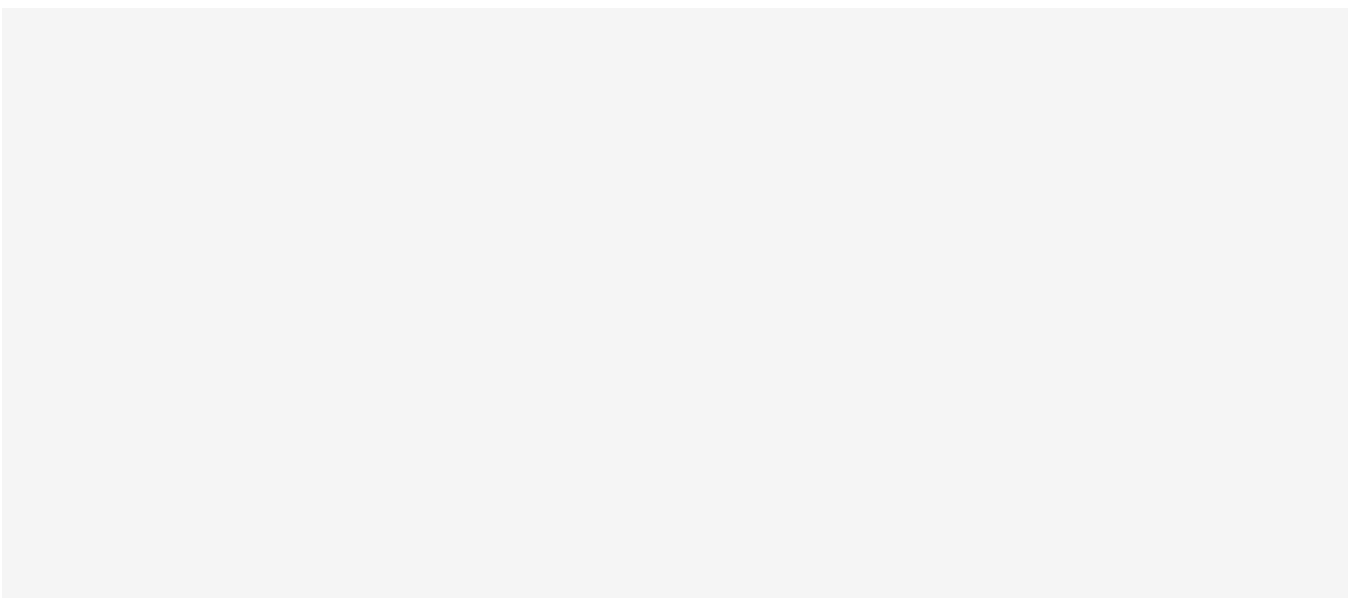
It is all too common to speak in a defeatist way towards yourself or let limiting beliefs come into your mind and feed self-doubt. But, when you strengthen your resilience you can focus on your intention and face obstacles head on.

THINKING ABOUT YOUR CORE LIFE AREAS, HOW DO YOU CURRENTLY SPEAK TO YOURSELF WHEN AN OBSTACLE COMES IN THE WAY OF SOMETHING YOU ARE WORKING TOWARDS?



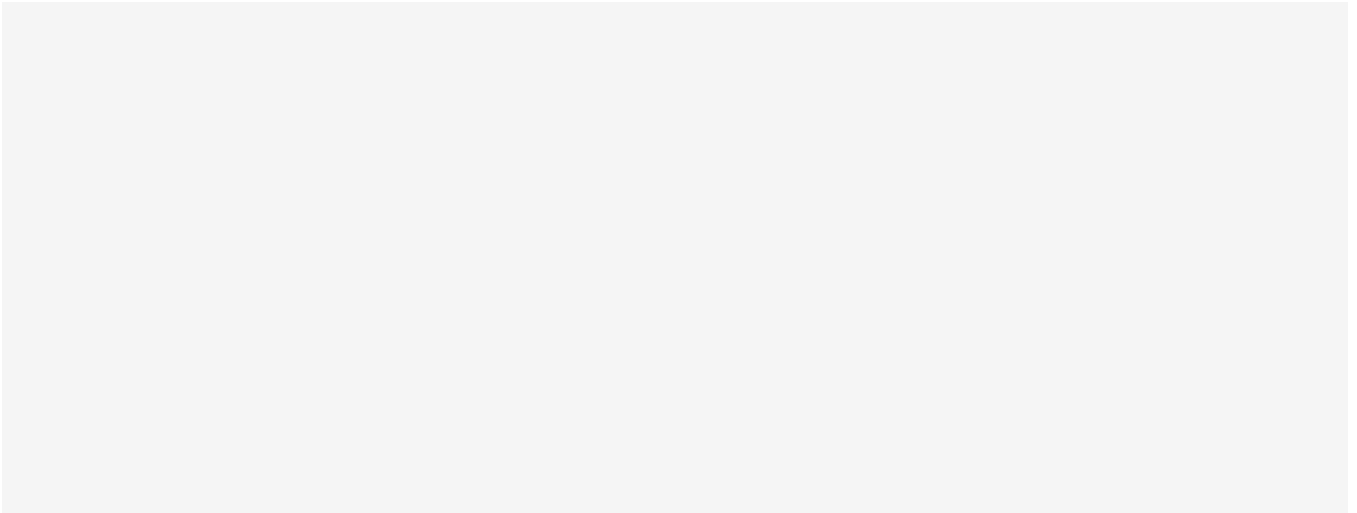
DON'T ACCEPT YOUR FEARS AS FACTS.

HOW COULD YOU COACH YOURSELF OUT OF AWAY FROM SELF-TALK THAT IS FILLED WITH SELF-DOUBT?

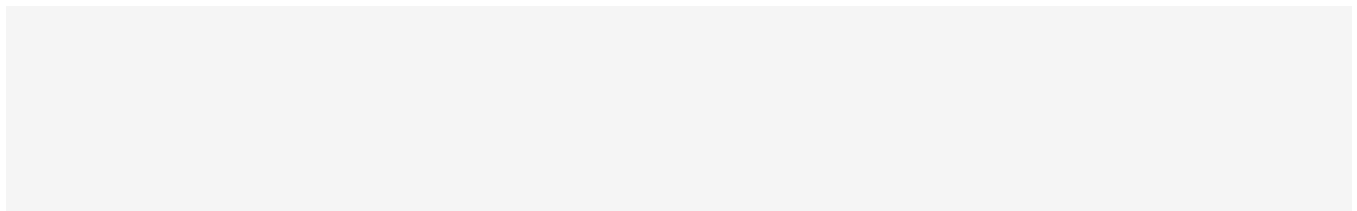


REMEMBER: A success mindset is not about specific 'success' or 'failure'. It is about continuing to focus on your intentions instead of focusing solely on an outcome or specific goal.

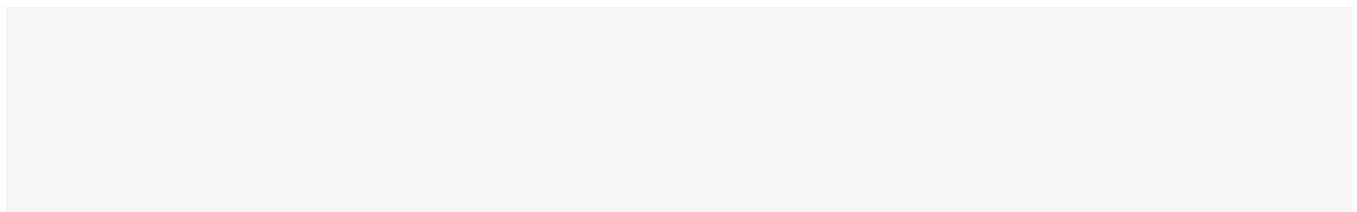
THINK OF A TIME WHEN, EVEN THOUGH IT WAS HARD OR DIFFICULT, YOU STILL MANAGED TO GET BACK ON TRACK AFTER A SETBACK.



WHAT BELIEFS DID YOU HOLD ABOUT THIS SITUATION OR YOURSELF?

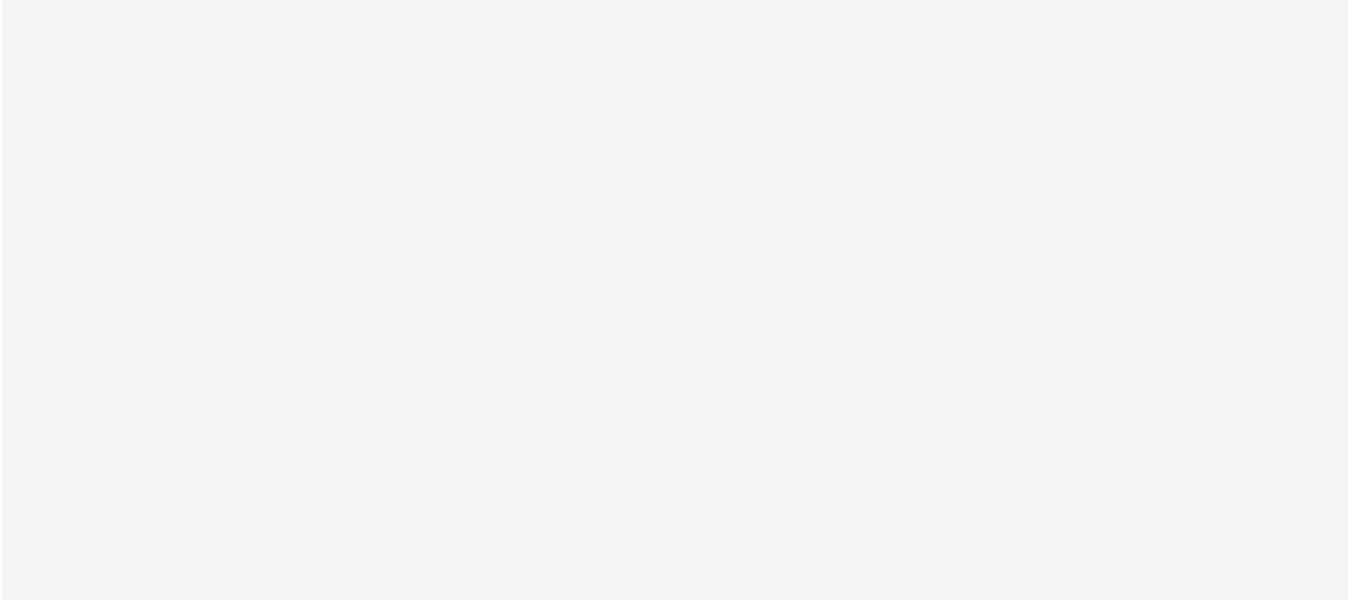


HOW DID YOU MANAGE TO WORK AROUND SAID OBSTACLES?

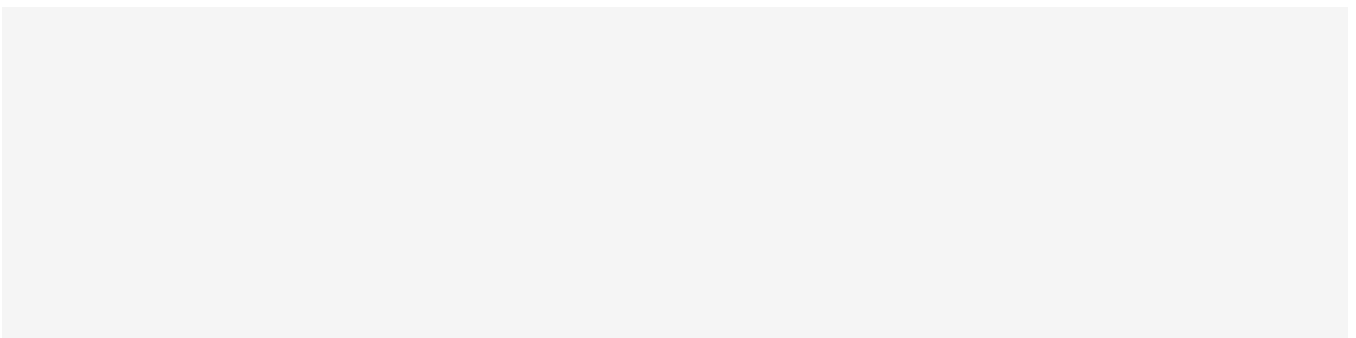


BELIEVE IN YOURSELF AND YOUR RIGHT TO PURSUE THE INTENTIONS YOU'VE SET FOR YOURSELF.

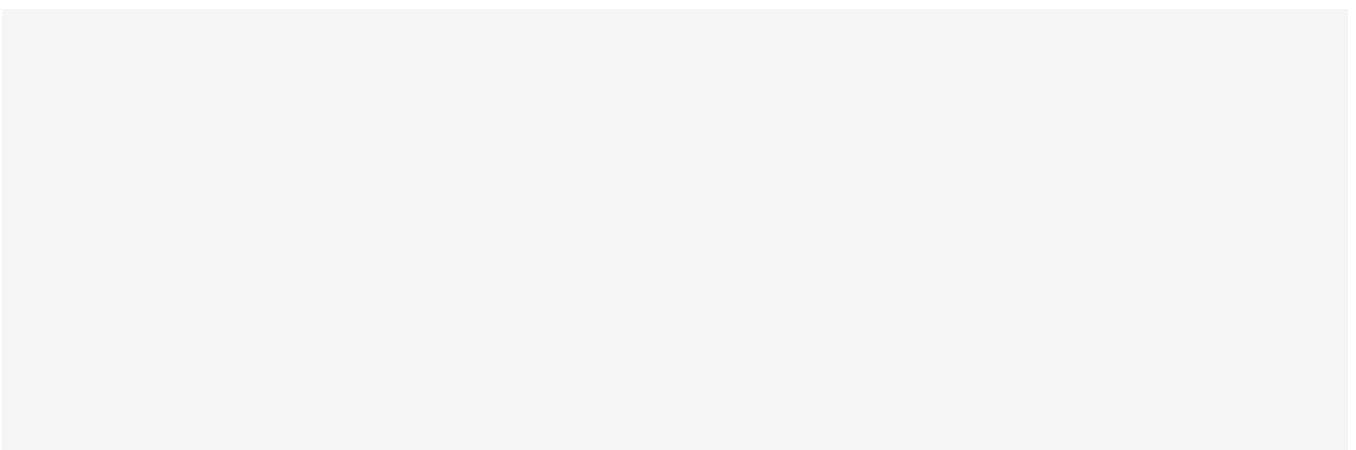
NOW CONSIDER A SIMILAR EXPERIENCE BUT ONE WHERE YOU ALLOWED YOURSELF TO ACCEPT DEFEAT KNOWING THAT IT WASN'T YOUR ONLY OPTION...



WHAT BELIEFS DID YOU HOLD ABOUT THE SITUATION, OR ABOUT YOURSELF IN THIS SCENARIO?



WHAT OBSTACLES DID YOU ALLOW TO BLOCK YOUR PATH IN MOVING FORWARD WITH YOUR INTENTIONS?



WHEN REFLECTING ON THE TIMES WHERE YOU DECIDED TO QUIT, OR GIVE-UP, WERE THERE ANY FEARS YOU ACCEPTED AS FACT?

IF SO, HOW WOULD YOU CHANGE THINGS IF YOU COULD DO IT OVER WITH A MINDSET OF RESILIENCE?

Empty text box for reflection on fears and potential changes with a resilience mindset.

WHEN YOU THINK OF SOME EXAMPLES OR SCENARIOS IN YOUR LIFE WHERE IT HAS FELT EASY TO STAY ON TRACK, REGARDLESS OF OBSTACLES OR CHALLENGES, WHAT MINDSET IS SUPPORTING THAT?

Empty text box for reflection on examples or scenarios where staying on track was easy.

HOW CAN YOU CULTIVATE MORE OF THIS MINDSET IN THE PRESENT AND THE FUTURE?

Empty text box for reflection on how to cultivate the mindset in the present and future.

DON'T ACCEPT LIMITING BELIEFS, CATCH THEM AND SHOO THEM AWAY. YOU DESERVE MORE.

**“Success is not final, failure is
not fatal:
It is the courage to continue,
that counts.”**

Winston Churchill