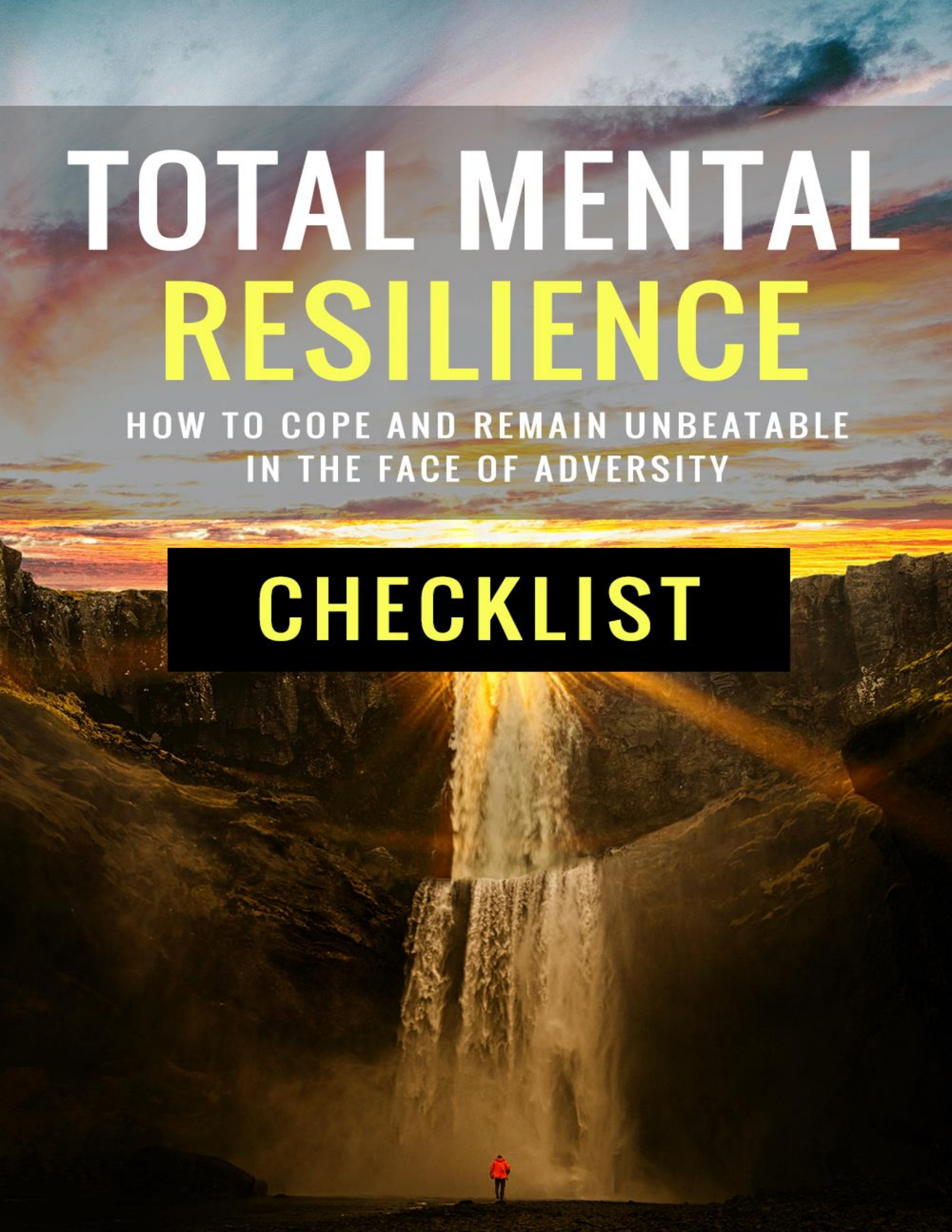


TOTAL MENTAL RESILIENCE

HOW TO COPE AND REMAIN UNBEATABLE
IN THE FACE OF ADVERSITY

CHECKLIST



Total Mental Resilience Checklist

The unpredictable nature of life leaves us no choice but to be resilient. Resilience is the ability to bounce back from a setback. Many people struggle to cope when facing challenging situations because they are not mentally strong. Such people are prone to depression and other psychological problems. This book explores various ways a person can build a resilient spirit, including the pros and cons of doing it.

Chapter 1: The Trainer Called Adversity

Many people don't realize that adversity is a trainer. In other words, turbulent times make us tougher for the challenges ahead. We must realize that life won't get easier. Therefore, if we want to navigate through life and achieve our dreams, we must learn from the hard times. Unpleasant situations make us experienced and mentally tough. Tough times are not avoidable because of the following reasons:

- ☐ You have dreams you want to achieve
- ☐ You have people and things you care about
- ☐ We have emotions

Chapter 2: Crucial Facts About Adversity

You need to understand adversity to be able to cope with it and recover from it. No one is born with resilience; we learn it. Here are some vital truths we need to understand about tough times that can help us to be more resilient:

- ☐ Tough times, just like good times, don't last forever. You have been in trouble before, and you scaled through even when you felt all hope was lost.
- ☐ Adversity isn't for some selected people. We all experience tough times regardless of our ethnic group, race, family background, religion, or financial status.
- ☐ No one can succeed in life without conquering challenges. Winners are people who won despite the odds and obstacles in their way.

Chapter 3: Even The Rich Cries

Most people are only aware of the success of celebrities. However, behind the crown is the story of a man or woman who had gone through difficult times but refused to give up. Here are some celebrities and what we can learn from the story behind their success.

- ❑ Walt Disney eventually became one of the most creative minds due to his intriguing animations. However, he had been dismissed from a role previously because the editor felt he lacked the ideas needed to succeed at the top.
- ❑ Oprah Winfrey became a self-made billionaire despite growing up in a modest family and becoming pregnant when she was fourteen years old.
- ❑ Bill Gates' first company collapsed, but he eventually became the co-founder of one of the biggest companies in the world.
- ❑ Colonel Sanders proved to us all that it's never too late to succeed when he started a global brand at the age of 62.
- ❑ JK Rowling wrote *Harry Potter* during a period in her life she had divorced and had a kid to raise all by herself.
- ❑ Stephen King is the author of one of the bestselling books, *Carrie*, after he had been rejected by thirty publishers but didn't give up.

Chapter 4: Benefits Of Standing During Periods Of Adversity

If you refuse to give up during tough times, there are many benefits you stand to enjoy. They include:

- ☐ Greater resilience
- ☐ Enhanced problem-solving skills
- ☐ Leadership skills
- ☐ Higher self-esteem
- ☐ Empathy
- ☐ Lower anxiety

Chapter 5: Dangers Of Withering Under Pressure

Only those who are mentally strong can get to the finishing line in life. When you aren't resilient, you risk the following:

- ☐ Depression because you feel life has been unfair to you.
- ☐ Lack of confidence whenever you have to face a similar situation.
- ☐ Loss of trust in your abilities to turn things around.
- ☐ Fear because you think you might fail again.
- ☐ Shame because you will keep remembering you could have done things differently.
- ☐ Suicidal ideation because you feel hopeless.

Chapter 6: How To Build A Resilient Spirit

The good news is that resilience isn't a natural ability. You can develop mental strength by leveraging the following tips:

- ☐ See every challenge as an opportunity
- ☐ Always learn from your past
- ☐ Reduce your expectations
- ☐ Be optimistic
- ☐ Take life one step at a time
- ☐ Be flexible enough to learn new ways of doing things

Chapter 7: Common Impediments To Building Resilience

Your efforts to cope with turbulent times and recover from setbacks can be hindered by some things. They include:

- ☐ Getting stuck in the past
- ☐ Pessimism about the future
- ☐ Low self-efficacy
- ☐ Lack of the right relationships
- ☐ Lack of focus
- ☐ Upward social comparison

Chapter 8: Finish Strong!

Regardless of what you have been through, the rest of your life can still be the best part of it. The tips below will help you in this regard:

- ☐ Be grateful
- ☐ Surrender is a choice: never take it
- ☐ Know that you have nothing to lose again
- ☐ Make new friends
- ☐ Take a step backward to run forward
- ☐ Believe in yourself again