



# PERSONAL RESILIENCE

INTERACTIVE WORKBOOK

# HOW YOU CAN BOLSTER YOUR PERSONAL RESILIENCE

Put your body first and your mind will follow.

The words you attach to your experience become your experience.

Where you focus your attention will determine your outcome.

# THE BELIEFS CYCLE



**Check:** What are you saying to yourself?

**Check:** What beliefs do you hold about yourself that are unhelpful?

**Belief**

**Self talk**

**Self image**

**Check:** How do you view yourself in this situation?

**Feelings**

**Performance**

**Check:** How does this impact on your performance?

