

# A RESILIENT Mind



**CILC**

CARIBBEAN INSTITUTE  
OF LEADERSHIP & COACHING

*Coach*  
**lanB**  
Dream. Believe. Achieve.





# YOUR MIND?







Change  
Your  
Mind  
Change  
Your Life

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# The Power of Your Mind



THE POWER OF YOUR  
THOUGHTS CAN CHANGE EVERYTHING  
IN AND AROUND YOU



# Fixed Mindset



Failure is the  
limit of my  
abilities



I'm either  
good at it  
or I'm not



My abilities are  
unchanging



I can  
either do it  
or I can't



I don't like to  
be challenged



When I'm  
frustrated,  
I give up



Feedback and  
criticism are  
personal



I stick to  
what I know

# Growth Mindset



Failure is an opportunity



I can learn to do anything I want



Challenges help me to grow



My effort and attitude determine my abilities



Feedback is constructive



I am inspired by the success of others



I like to try new things

# 3 Things You Must Do

1. Know Your Natural Tendencies
2. Choose Your Philosophy
3. Act in line with your Philosophy

To Build Mental Resilience



KNOW YOUR

**Natural Tendencies**



**Direct  
&  
Expressive**

**Indirect  
&  
Thoughtful**





**Move Away  
From  
Pain**

**Move  
Towards  
Pleasure**



**CHOOSE YOUR**

**Philosophy**



# A Few Options



**I Cannot Control the wind, but I can adjust my Sail!**



**There is something to learn in every experience!**



**I was born disadvantaged and there is nothing I can do about it!**



**I will complain about the wind and allow it to blow me where it goes!**

**ACT / BEHAVE  
INLINE WITH**

**Your Philosophy**



# Examine Your Environment





**You are a product of your environment.**

So choose the environment that will best  
develop you toward your objective.

**Analyze your life in terms of its environment.**

Are the things around you helping you toward success -  
or are they holding you back?

**W.Clement Stone**



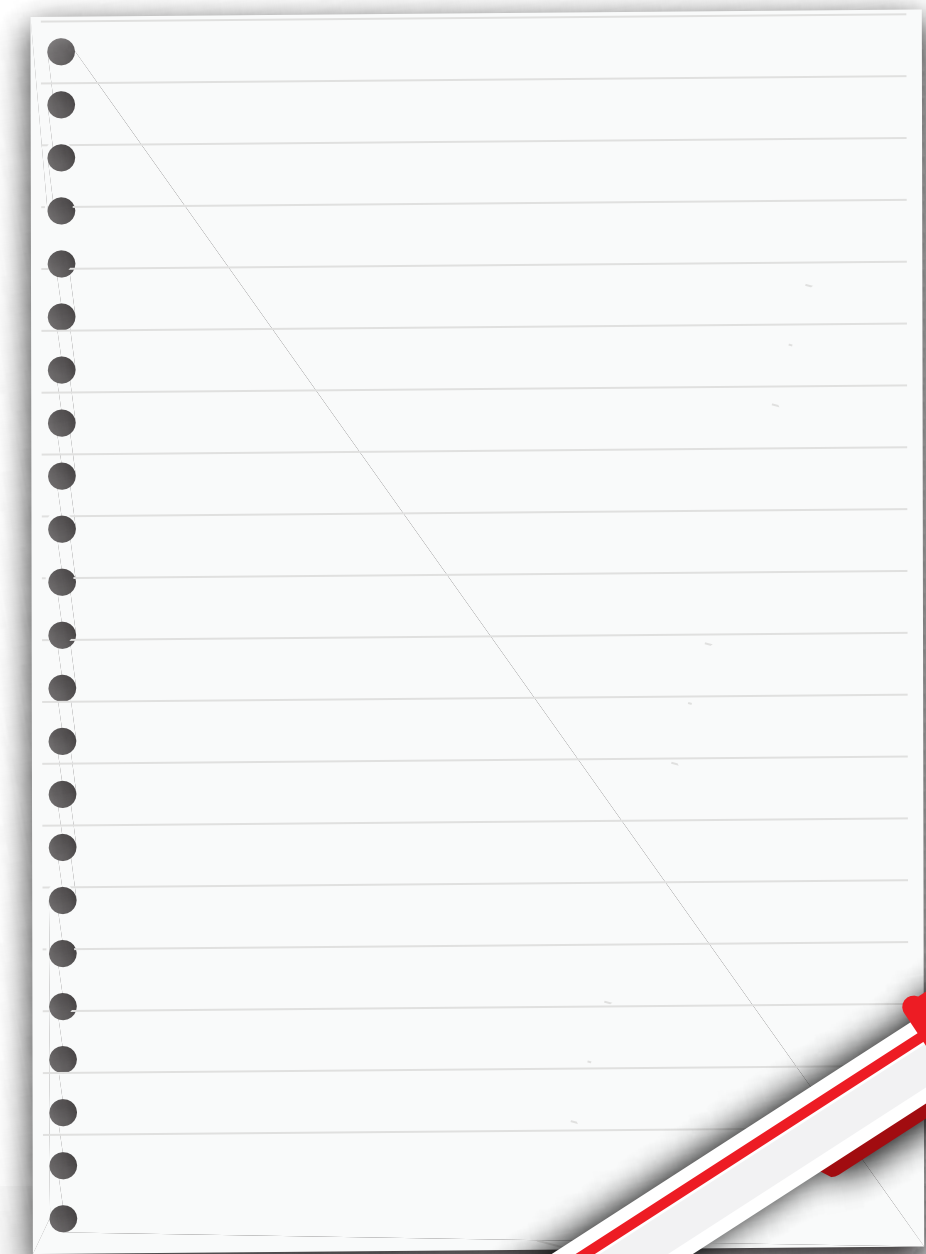
# Make a list of ...

**Who you spend the most time with?**

**What You Watch?**

**What You Read?**

**What You Listen to?**



# **A Few Questions**

**What do they have you thinking?**

**What do they have you doing?**

**Who do they have you becoming?**

**Is that ok?**



Action  
Changes  
Things

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**Never let go of your**



*Planting Hope; Growing Dreams.*





No matter what the situation, remind yourself,  
**“I have a choice.”**

**Deepack Chopra**

# Thank You!

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