

RISE

A FIELD-TESTED GUIDE TO CREATE
WORLD-CLASS RESILIENCE,
INCREASE WELLBEING, AND THRIVE!

**A step-by-step guide
to build
GRIT & RESILIENCE!**



BY MAUREEN MANLEY, MA

A three-step guide to building grit and resilience.



The Cycle of Success

Acceptance Awareness Action

Acceptance- is your superpower when you use it as a place to begin to move towards what you want instead of using your energy to fight against your current circumstances.

Awareness- will serve as your directional compass and help to keep your mind focused on what's important.

1. What do you want?
2. The understanding and skills to achieve what you want.

Action-the courageous steps you take to move in the direction you desire.

Acceptance as a superpower!

“It is what it is.”

The Scope of “what is”.



VICTIM

Powerless
Resigned to circumstance
Helpless

Behaviors: Complains, blames, makes excuses and takes no responsibility.



WARRIOR/ CHAMPION

Powerful
Proactive
Innovative
Hopeful

Behaviors: Takes responsibility for creating life they desire despite circumstances.

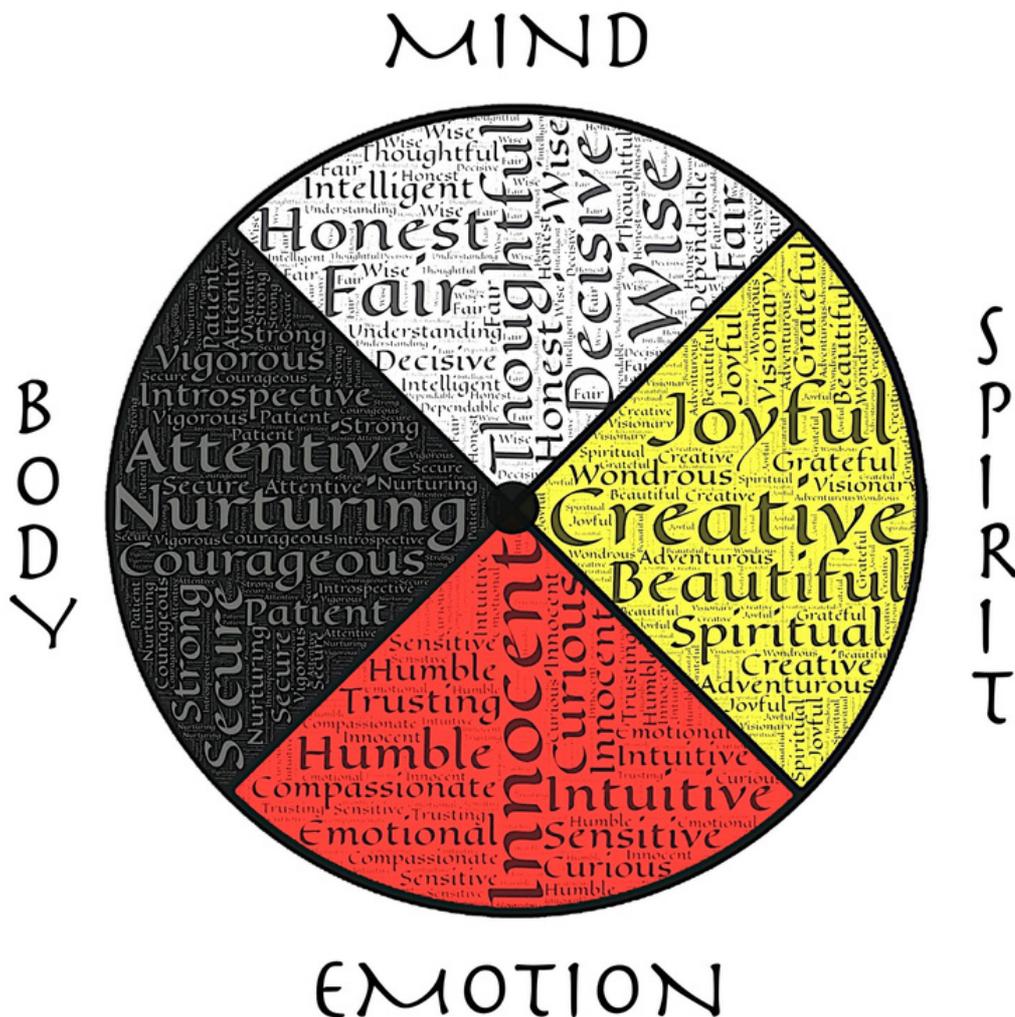
"As long as you can breathe, there are more things right with you, than there are wrong!"



Awareness

What are you
fighting FOR?

Identify what is important to you.



List what's important to you.

Examples are Family, Love, Community, Health,
Fitness, Joy, Appreciation & Contribution.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Powerfully navigate mental and emotional terrain!

1.

Your brain is hardwired to look for things that can appear as threats.

When safety, certainty, and resolution are not immediately found, your brain can interpret this as a threat. This threat interpretation can lead to stress, anxiety, and a feeling of helplessness.



2.

When you understand you CAN continue to live your life with uncertainty, you build your GRIT and RESILIENCE. With the practice of being comfortable with some discomfort, you broaden what you are capable of achieving!

When you face your feelings that arise or get triggered when you experience a setback, uncertainty, failure, or disappointment, and all the anxiety that goes with it — accepting it instead of trying to get rid of it — **you teach your brain that, while uncomfortable, uncertainty itself isn't dangerous.**

Self-Compassion is a vital behavior for fostering grit and resilience!

When you go through challenging times, ask yourself these compassionate questions:

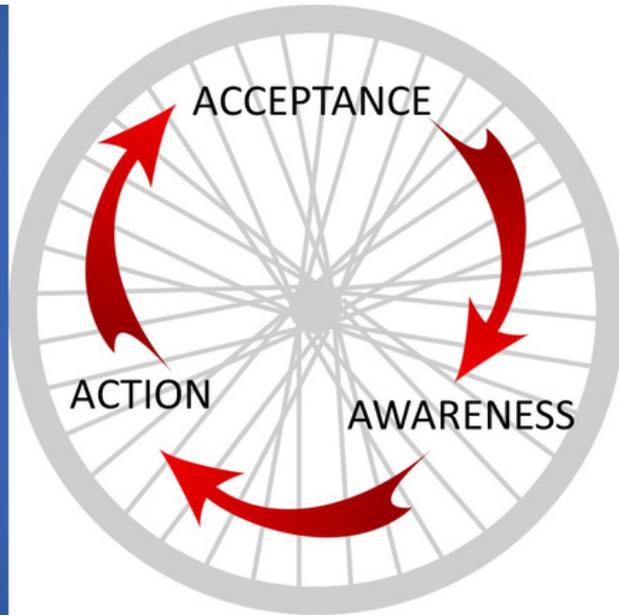
1. What can I do despite feeling this way?
1. What can I do to nurture myself while I'm feeling this way?

Stay focused on what you CAN control!



Action!

"Nothing happens until something moves."
-Albert Einstein



Maureen is an inspirational speaker, coach, and high-performance consultant, who, for over 20 years, has inspired and educated thousands across the country on how to gain the winning edge by fostering grit and resilience

Thank you!

maureen@maureenmanley.com
maureenmanley.com