



DR. TARYN MARIE  
RESILIENCE LEADERSHIP INSTITUTE

# Your Resilient Life

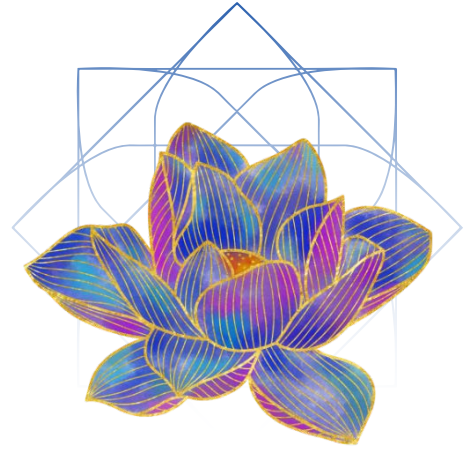
## THE 5 PRACTICES OF HIGHLY RESILIENT PEOPLE





# Introduction

Resilience, in leadership and in life, has historically, often a poorly, if not misunderstood concept, effectively blocking people from harnessing their full strength and potential. Until now. Based on over a decade and a half of research, qualitative interviews with hundreds of people, collecting thousands of pieces of data on resilience, conducted by Dr. Taryn Marie Stejskal, Founder of The Resilience Leadership Institute (RLI), the power to be able to lead a truly flourishing life of Resilience through her work that has created The Five Practices of Particularly Resilient People is being harnessed by people across the globe.



## Definition of Resilience

The definition of resilience is as simple as it is powerful: "Resilience is the ability to effectively address challenge, change, and complexity in a manner that allows us to be enhanced by the experience, not diminished." This definition is meaningful because of what is included in the definition AND what is not included. You notice you don't see phrases like "quickly recover" or "bounce back". Why not? Because even though these phrases have been used in conjunction with resilience for years, they are myths of resilience.

---

## The Myths and Truths of Resilience

Myths of resilience are not only untrue, but they also effectively block our ability to recognize and harness our resilience because we believe falsehoods such as: "If I don't go back to the way that I was before a challenge, change, or experience of complexity, I'm not resilient." Let's explore the three most prevalent myths of resilience in greater detail, and the associated truths of resilience.



## Myth #1: Resilience is about bouncing back

**Truth:** Resilience is the act of bouncing forward, not back. Process of experiencing challenge, change, and complexity, and allowing ourselves to be foundationally altered by way of engaging with our experience.

---

## Myth #2: We are inoculated with a fixed amount of resilience at birth

**Truth:** Resilience is dynamic. Many people believe that you're either resilient, or you're not. The truth is that resilience is like a muscle in the sense that the more we engage in resilient practices, the more we can enhance our resilience "muscle" over time.

---

## Myth #3: Resilience is about waiting for time to heal our wounds

**Truth:** Resilience is an active process, not passive, intentionally engaging in our personal, emotional, physical, mental, and spiritual evolution. True resilience allows us to show up and be present, active participants of our lives and learn from our challenges.



# Why do we face challenge?

Many people believe that if we are on our paths, doing what we are supposed to be doing, following our life's purpose, we shouldn't face challenge, right? Wrong. This is simply not true. Obstacles are placed in our path to form us. Challenge, change, and complexity, while trying, disorienting, and exhausting, also, if we allow them over time, have the capacity to make us better.

***"I can be changed by what happens to me. But I refuse to be reduced by it."*** Maya Angelou

A life without challenge is like a potter without a wheel to form the clay. The obstacles do not detract from our formation as people, they are essential elements in our learning and growth. The obstacles placed in our path serve important purposes. Challenge shows up when we're on the right path. Even when we're exactly where we're meant to be, doing exactly what we're meant to do – sometimes especially when we're on the right path and being exactly who we're meant to be.

Why? When we face challenge, change, and complexity, these specific circumstances allow us the opportunity to demonstrate how much we want something. When we face a challenge, change, or complexity in our path, and when we don't give up, when we stay the course, when we are unwavering in the face of these obstacles, we are given the opportunity to prove just how much we want something. In doing so, we earn the right to be ceded the resources, experience, and accomplishments we are pursuing. We prove just how much we want our dream to come true by demonstrating we will not give up on ourselves.

The more challenge we face, the more important the work. And the more important the work, the more challenge we are likely face. When we begin to see moments of challenge, change, and complexity as opportunities to build, flex, and enhance our resilience muscles, then we see challenge not as a personal failing, not as a career limiting move, and not as an event that has befallen us because we are not "good enough". Rather, challenge becomes an invitation. We see challenge, instead, as the comma in the sentence asking us how much we want a particular goal or achievement, rather than a period at the end of the sentence. Wrapped in each challenge, is always, and opportunity, if, and when, we look for it.



# 1 The Practice Of Vulnerability



## The paradox inherent in The Practice of Vulnerability is Openness vs. Weakness.

People who are most resilient are those who are softened by their experiences, not hardened, and allow their thoughts, experiences, and feelings on the inside to match the person they show to the external world.

Effectively allowing our "inside self" (i.e., our internal thoughts, feelings, and experiences) to match our "outside self", the person we show to the world, is called 'congruence'. The more congruent we are, the more we are able to create alignment and not burn up a lot of energy managing two separate personas, our inside self and outside self. In addition, **the most resilient people share their experiences, the challenges, changes, and complexities with the people in their lives who support them in these tender moments.**

# 2 The Practice Of Productive Perseverance



## The paradox within The Practice of Productive Perseverance is Maintaining the Mission vs. Shifting Gears to a Plan B

Being able to pursue goals intelligently is the hallmark of this practice. The intelligent pursuit of a goal is being able to navigate when to maintain the mission, despite challenge, change, and complexity, and when, in the face of diminishing returns, to pivot in a new direction. The practice of Productive Perseverance is all about navigating the complexity that exists between the single-minded pursuit of a goal, demonstrating grit in the face of challenge, versus knowing when the pursuit of a goal has diminishing returns, and it would be wise to invoke plan B. Productive Perseverance is about pursuing a goal even when you don't know if you'll "make it", while also, not staying wedded to a plan or strategy that is outdated or no longer relevant giving shifting priorities and market conditions.



# 3 The Practice Of Connection i

## The Paradox Of The Practice Of Connection Is Navigating Our Connection To Ourselves Vs. The Needs And Desires Of Those In Our External Network

The idea of Connection might seem to be simple, but based on years of research, this is one of the more complex practices of resilience. The Practice of Connection is focused on creating and deepening the connection with ourselves, including developing our intuitive abilities to listen to and know ourselves, to value ourselves, to know our worth, and to trust our gut over and above external voices.

Then, in addition to our deep connection with ourselves, The Practice of Connection is also about our ability to find, rely on, and gain encouragement from existing external relationships and/or communities to draw strength from the support of others. The practice of Connection allows us to dive more deeply into our connection with ourselves and our relationships with other people. Living and working in community, fostering collaborative partnerships, sharing information, and working in teams are key behaviors to build and develop relationships over time, and even more important during times of change, challenge, and complexity. However, this practice becomes for difficult to discern when our internal connection to ourselves is at odds with our external connection to others.

Perhaps someone gives us advice we don't agree with or asks us to do something that is not aligned with our internal desires. Learning to effectively navigate, as well as prioritize our connection with ourselves, alongside our connection with others is a hallmark of resilience.





## 4 The Practice Of Grati-osity

The word for this practice, Grati-osity is a hybrid word created to encapsulate the combination of gratitude (Grati) and generosity (-osity). Put together, the practice of Grati-osity is the ability to, first, look back and have gratitude for the challenge, change, and complexity you experienced, and to appreciate how you changed for the better, even if you would not have chosen the circumstances. **The paradox of The Practice of Grati-osity, is fostering gratitude amidst challenge vs. other emotions like anxiety, disappointment, and discouragement.** The second aspect to this practice is, drawing on The Practice of Vulnerability, to share these experiences, our lessons from adversity generously, so that others might learn and benefit from our experience vicariously. **The paradox of The Practice of Grati-osity, with regard to generosity, is a willingness to share stories of challenge, resilience stories, versus remaining silent.** By choosing to focus on gratitude and then generously sharing our stories of challenge with others, we solidify our own experience, lessons learned through our resilience and give back by way of encouraging others.

## 5 The Practice Of Possibility

**The Paradox Within The Practice Of Possibility Is About Focusing On Progress Vs. Not Getting Mired In Expectations Of Perfection, And Effectively Navigating The Polarity Of Risk Vs. Opportunity.**

Resilient people who engage with the practice of Possibility are better able to resist perfection, and instead, focus on progress and possibility. The Practice of Possibility is key during times of stress because, by nature, stress makes us more myopic in how we think about the potential for possibility. However, by considering unique and novel ways to achieve a goal, we expand the aperture of how we create results, and leverage creativity to make our goals a reality, while also accurately appraising both risks and opportunities alongside one another.



# Understanding Your Resilience

Now that you have reviewed The Five Practices of Particularly Resilient People, you are now able to appreciate your own resilience as you reflect on your resilient behaviors as they align with each of The Five Practices of Particularly Resilient People. Congratulations on prioritizing your development and your willingness to take this next step in enhancing your resilience in your life and your leadership!

# Developing and Enhancing Your Resilience

Now, you can create your own customized development plan that allows you to both focus on developing your natural strengths as a resilient person and address an opportunities you'd like to identify where you are not as strong as you would like to be. However, keep in mind that it is human nature of focus on our perceived "weaknesses" and opportunities. While focusing on one area of opportunity in your leadership might make sense, the vast majority of your effort should be focused on how you can continue to enhance your resilience in areas where you are already naturally strong. You will have the opportunity to develop your resilience by drawing on the material shared with you in this b-book in the following three ways:

## 1. Reflecting on The Practices of Resilience:

Take time to read through The Five Practices results and reflect on what you learned by reading this ebook. Perhaps you can use two highlighters or markers, one of circle and underline things that are insights and/or your believe are absolutely strengths for you, and the other color to circle and highlight aspects of this ebook that you think are opportunities for your growth.

## 2. Seek Out Feedback:

Take time to share your insights and questions with a partner, family member, or trusted colleague. Ask for their feedback and see if their impressions of your results matches your own appraisal. Take note of the additional insights and learning you receive as part of these conversations.

## 3. Action Planning and Goal Setting:

Once you have reflected on your report and sought out feedback, then it's time to answer the questions on the action planning pages at the end of this report and set goals to enhance your resilience. You can draw on some of the specific strategies identified in this report to set your goals or come up with your own.





# Your Resilience Practices Action Planner

- What new insights did this ebook reveal?
- What insights about you, your leadership, or the way you live your life did this ebook confirm for you?
- Did anything surprise you?
- What are your areas of greatest strength and opportunity?

What is your vision for your next chapter of success?

Imagine yourself 6-12 months from now. What would you like to be doing, feeling, thinking and experiencing that is different from today?

How might you lead and live from a place of greater joy, consciousness, and resilience?



DR. TARYN MARIE  
RESILIENCE LEADERSHIP INSTITUTE

## Final words

Resilience is more than a definition. The word resilience is a noun, but the demonstration of resilience is a verb. More than what resilience is, resilience is about what we do, what behaviors we practice regularly. Our lives are not made up of one grandstand, one monumental moment. Instead, living a resilient life comprises the ordinary choices we make every day.

When we face a challenge, change, or complexity in our path, and when we don't give up, when we stay the course, when we are unwavering in the face of these obstacles, we are allowed to prove just how much we want something.

When we begin to see moments of challenge, change, and complexity as opportunities to build, flex, and enhance our resilience muscles, then we see challenges not as a personal failing, not as a career-limiting move, and not as an event that has occurred to us because we are not "good enough." Instead, the challenge becomes an invitation. Instead, we see a challenge as the comma in the sentence asking us how much we want a particular goal or achievement, rather than a period at the end of the sentence.

Wrapped in each challenge is always an opportunity, if and when we look for it.

*Dr. Taryn Marie*

