



BECAUSE EVERY DAY IS AN OPPORTUNITY

HOW WELL DO I BOUNCE BACK?

We all face challenging times. How we react to them; and more importantly, how we bounce back afterwards will determine our future attitudes and outcomes. Take notice to the questions that you responded "no". These are the gaps that are affecting your optimal responses to challenging circumstances. Go ahead and celebrate your "yes's"!

- | | | |
|--|-----|----|
| 1. Do I consider myself to be a flexible person? | Yes | No |
| 2. Do I consider myself to be an optimistic, glass ½ full person? | Yes | No |
| 3. When facing obstacles and challenges, do I brainstorm for possible solutions to overcome the situation? | Yes | No |
| 4. Do I question the status quo? | Yes | No |
| 5. Do I acknowledge and come to terms with what I lost and what I must give up from the change? | Yes | No |
| 6. Do I take care of myself by getting sufficient rest, exercising and eating a well-balanced diet during difficult times? | Yes | No |
| 7. Do I ask for help by seeking support and additional resources to help me get through challenging circumstances? | Yes | No |
| 8. Do I seek to understand the lessons to be learned from experiences? | Yes | No |
| 9. Do I seek to learn about how I may have contributed to the situation? | Yes | No |
| 10. Do I celebrate my successes after I get through a tough time? | Yes | No |

You may also want to ask your team members these questions and discuss how to make your team more resilient, healthy and productive.

Nancy Stampahar, founder of Silver Lining Solutions®, is an author, consultant, speaker and trainer. Her business provides professional development training and keynote speaking services.

Please visit: www.silverliningsolutions.com.