

Find Your Inner
RESILIENCE
NINJA



Hüyyaaaah!

You have a tendency to doubt yourself and talk yourself and what you have achieved down. It's called being human, welcome to the club!

However, you are more stronger, wiser and powerful than you think and if you're committed to embedding resilience in others a great place to start is with yourself. Failure isn't an *if* its a *when* so success all boils down to your processes for reframing, pivoting and going again.

Luckily, resilience is a choice. Choices become habits, and habits become part of your character. Here's six **CH** ways you can exercise that muscle:

1) CHOOSE great people as your friends and influencers. You've already done this! Look around at the people in your life that you trust. They believe in you, love you and no matter what, will be there for you. List them as your resources. BOX: I HAVE...

2) CHANGE the way you describe yourself. Especially when it comes to how brilliant you are! Want to know the truth about your strengths? Ask your friends and choose to believe what they tell you. BOX: I AM...

3) CHALLENGE your internal script. Still saying 'I can't' without adding the word 'yet' to the end? If so one thing you definitely *can't* do is learn from mistakes* you've never made. The trick is to rebrand failure by acknowledging it so that you can stay neutral and get curious about what you can take away from the experience. The valuable lessons you learn became a springboard to your next success. BOX: I CAN...

4) CHUNK the journey down. When facing a challenge, be honest about your starting point. Where are you now? Next get clear on what a great outcome looks like. Instead of getting down about the gaps between the two, identify the smallest next step you can take in the right direction. BOX: I DO...

5) CHECK yourself before you wreck yourself! You don't get arms like Michelle Obama by sitting on sofa with your fingers crossed whilst shovelling cake in your gob and hoping for the best. Choosing resilience guarantees hard work so be kind to you, prioritising your own wellbeing is future-proofing yourself. BOX: I WILL...

6) The sixth CH is coming! Hold onto your dancing pants Buster...

On the next page fill in the boxes with the truth about who you are, what you can do and the resources you have.



The Truth About Me

I have...

CHOOSE

I am...

CHANGE

I can...

CHALLENGE

I do...

CHUNK

I will...

CYBYWY

Biscuit Time!

OK, time for the sixth **CH** - and it's your secret weapon.

BE A **CHOCOLATE** HOBNOB!

Peter Kay does a standup routine about dipping biscuits in your tea. He explores the perils of trying to get your Rich Tea biscuit in and out of your amber nectar before it dissolves and contrasts that with the resilience of the magnificent Chocolate Hobnob! If you've not heard of these biscuits... you're missing out.

Google 'Peter Kay Hobnob' to see him in action. He uses a few choice words that you're not going to want young ears hearing so [I've recored this version for you](#). It's a little taster of how I embedded ambitious resilience in my class of five and six year olds.



I had these badges made and gave them out to students to wear when they were resilient. I saw my kids grow an inch when I pinned one of those badges on their top. The badges became great talking points as other children and staff stopped my kids in corridors to ask them to explain exactly why they were a Chocolate Hobnob!

On the last page are some stickers you can print out and use, or if you'd like your own set of badges, [visit my website](#) and grab your own personal set!

Your final activity is to establish yourself in Rich Tea Biscuit and in Chocolate Hobnob mode. What you do **THINK**, **FEEL**, **SAY** and **DO** when you are at either end of the biscuit-dipping spectrum? Establishing this gives you the power to notice and identify when you are heading down the slippery slope towards beaming Lionel RichTea* and help you change your state by pivoting towards a more resourceful Chocolatey Hobnobness!

** See what I did there? I'm still giggling about this!*



THINK

Empty oval shape for writing.

FEEL

Empty oval shape for writing.

SAY

Empty oval shape for writing.

DO

Empty oval shape for writing.



THINK

Empty oval shape for writing.

FEEL

Empty oval shape for writing.

SAY

Empty oval shape for writing.

DO

Empty oval shape for writing.

**I'M A
CHOCOLATE
HOBNOB**

**I'M A
CHOCOLATE
HOBNOB**