

Resiliency Lesson 8

With CYS



Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.

Welcome back to Resiliency Training with CYS. In this final lesson of the 8 week course we will be working on Goal Setting.

The core competency for this lesson is Self-Regulation. Self-regulation is about keeping your emotions and feelings in check. Over the past 8 weeks we have gone over 5 of the 6 core competency's. Self- Awareness, Self Regulation, Optimism, Mental Agility and Connection.

Resilience Facts

Resilient people know when and how to express emotion

Asking for help is a resilient strategy

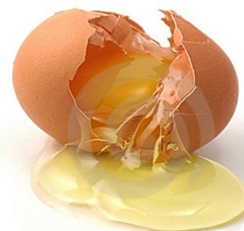
Resilience can be messy

Everyone can develop resilience

You



Not You



Goal Setting



GOALS! Everyone has them but not everyone know how's to achieve them. Why is that? Because most of us don't have a plan on how to make those goals a reality. In this weeks lesson we are going to show you how to create a plan to achieve those goals.

LETS GET STARTED!

STEP ONE: CREATE A GOAL LIST

It all starts with a list of things that you have been wanting to do, from as simple as organizing the kitchen, to as hard as completing your Master Degree. This list can be limitless as there are no real boundaries for your goals.



STEP TWO: PICK ONE GOAL TO FOCUS ON

Write a vision statement to include these two topics.

- When will I achieve this goal?
- This goal is important to me because...



STEP THREE: VISUALIZE SUCCESS!

Here you want to create a statement on what it means to YOU to achieve this goal. What is the personal gain of it all and how it will make you feel once you have successfully completed the goal you set for yourself.



Goal Setting Continue



STEP FOUR: MAKE IT HAPPEN!

Create a list of things that you need to do or research to achieve the goal. Look at the whole picture, ask questions, if you have to create multiple lists then so be it.



STEP FIVE: OBSTACLES

What obstacles do you see happening in order for you to achieve your goals? Then create a plan for how you are going to overcome the obstacles.



STEP SIX: TAKING THE FIRST STEP!

This is often the hardest and most challenging of the Goal Setting process. Because now you are mentally and perhaps physically making your goal achievable. If you really want to achieve the goal you set for yourself, you should do something each day to move you closer to your goal, even if it's a small step. Your first step gets this process going.



LETS PUT IT TOGETHER

GOAL LIST:

Get better grades in school

Be a better baseball player

Fix the broken pipe in the bathroom

Loose 10 lbs

PASS the PT test

Investment for kids college funds

Focused Goal:

My goal is to get better grades this semester regardless of the COVID Pandemic. My goal will be completed by the end of the first semester of the year. This goal is important to me because I want to make sure that even though there is a world wide pandemic is doesn't stop me from getting into college.

Visualized Success:

I want to achieve this goal for myself and my future. I think that if I buckle down and get the things I need to get done in a timely and efficient manner, then I will be able to do more. I want to see what I am capable of and I want to be a better person. If I can master this small goal I can work on bigger ones!

Make It Happen:

- 1) Make sure that I am registered for the online platform the school is using.
- 2) Get the supplies needed for the class. (laptop, books, school supplies, etc)
- 3) Make a schedule that works best for me. And GET INTO THE ZONE while working on assignments.

- 4) Create an area to work, away from any distractions.
- 5) Remove things that will distract me. (TV, Gaming System, cell phone, etc)

Obstacles!!

- 1) Internet going out/ (*solution*) make sure the connection is good before each day of session.
- 2) Being distracted with things going on / (*solution*) take 15 min breaks between sessions. This is where the scheduling comes in handy! And stretch my legs. Walk around the outside of the house.
- 3) Getting bored with the topic/ (*solution*) stimulate my mind with quick memory exercises. Counting backwards by 2 starting from 100. Talk with friends to create virtual study groups via Zoom, Skype or Face Time.

Taking The First Step!

- 1) *Create an area to work on that doesn't have distractions.* The corner of the living room where the containers of Dads deployment gear is would be good. It has an outlet for the laptop and its near the window. Mom said that we could use the folding table in the garage as a desk. I set up 2 areas. One area for working on the computer and another area to study. The corner chair in the

living room is perfect for that.





This concludes the Master Resilience Training with CYS. We hope that you are able to take away all this training and apply it in your lives. Remember the 5 core competency's that we went over these past 8 weeks.

- Optimism is a mental attitude reflecting a belief or hope that the outcome of some specific endeavor, or outcomes in general, will be positive, favorable, and desirable. Optimism allows us to be happier, healthier, have strong relationships, perform better and be more successful.
- Self-Awareness is the conscious knowledge of one's own character, feelings, motives, and desires.
- Self-Regulation can be defined in various ways. In the most basic sense, it involves controlling one's behavior, emotions, and thoughts in the pursuit of long-term goals. More specifically, emotional self-regulation refers to the ability to manage disruptive emotions and impulses.
- Mental Agility is being flexible and accurate on the way you think.
- Connection focuses on other people and their thoughts and emotions.

It is important to be resilient especially now during these trying time. We at CYS are here to help in any way that we can. Please do not hesitate to connect us should you need any assistance.

michelle.k.nieves.ctr@mail.mil

808-672-1438

