

## Chapter 5

# Resilience 2.0

Upgrading to resilience 2.0 is about aspiration and reorientation, a seismic shift in attitude, approach and application. It's about small wins and big wins. Galvanised resilience is the ability to activate real change in behaviour to transform results: from surviving the mundane to thriving in the extraordinary. It's about learning to be better. Resilience is about learning to think and behave in certain ways that, when taken together, positively influence outcomes to shatter whatever limitations we have contrived. The sum of resilient behaviours is most definitely greater than the constituent parts.

Knowing what to do is one thing, knowing how to be is quite another. Learning to be transformatively resilient is key to executing real and lasting positive change.

Take a moment to think about your life. I'm guessing you've fit a lot in. I'm also guessing there's been peaks and troughs, highlights and lowlights, ups and downs. All of us have made good and bad decisions. Some of the good decisions may have ultimately proven to be bad. Some of the good decisions may have been genuinely good decisions, but ultimately ineffectual because they were not followed through correctly. It's not always a poor decision which creates the wrong outcome, but our reaction to it. An order is only as good as its execution.

Pursuance of the things that might make a difference is usually curtailed prematurely. We give up and give in when we should instead knuckle down. To progress further than scrabbling conscious competence, we must cultivate the resilience to see the next steps more clearly and through to a positive conclusion. If you want to

see things in a better light you've got to bring the torch. You are the illuminating factor: the spark. You, and you alone, can provide it.

Some of these behaviours will be familiar to you, some won't. The minority of people who invest in developing all the behaviours, who collect the full set, are the ones who tend to achieve success rather than just dream about it.

This is a different approach to that taken in many self-help books, in that we're not talking about focusing upon an 'end result'. It's more about the processes required. If we can learn to programme our lives correctly, the outcome should take care of itself. We're interested in best working rather than best work. We are interested in the future, but more interested in the now.

The beauty of fostering resilience by cultivating input, is that the skills, behaviours and attitudes developed are endlessly transferable. Resilience is the solar-powered equivalent of self-help. Focusing on outcomes alone is not quite so sustainable; completing a marathon may help in terms of fitness, for instance, but does little to help with next week's appraisal.

Bolstering resilience focuses upon developing the character underpinning the behaviours. As such, you're investing in the 'person' rather than the end product. When 'you' as an individual are fully functional, you'll be amazed at how other aspects of life, both personal and professional, begin to flourish. True resilience initiates transformative behaviours with diverse applications. It's an example of what you can achieve when you commit wholeheartedly to holistic improvement, rather than dabble. It's the manifestation of everything that makes a positive difference to life on the outside, not just viewed from the inside. Authentic resilience involves more than just thoughts or even words, it's a system of transformative action. It really is possible

to turn life around and make good things happen; even ‘the sorts of things that don’t happen to people like me!’

Supersizing resilience is key to upping our game. Like any game, there are rules. You don’t have to follow them, of course, but playing by the rules will do two things: help you to stay in the game (you’ve got to be in it to win it, after all) and get the right result.

We’ll explore just how to make the rules work for you throughout the remainder of this book, but for now, it’s worth becoming familiar with them.

### **The five essential rules for harnessing resilience involve:**

- 1. Receptivity.** You’ve got to be up for it.
- 2. Risk.** Be prepared to brave it.
- 3. Retention.** Stick at it.
- 4. Responsibility.** Take accountability for it.
- 5. Redefine.** Review your role in it.

Starting with an overview of the ‘it’ would probably be a good place to start, before we get into the nitty-gritty. The ‘it’ is a considerable upgrade.

<p><b>To begin with, it’s about changing the narrative.</b></p>
---