



**1<sup>st</sup> Skill:**

**PERSEVERANCE**

"Perseverance is the willingness to endure whatever challenges necessary to achieve a desired objective or goal"



1. Mentally see yourself overcoming obstacles or challenges
2. Ask for help when you hit a dead-end. Be humble
3. Encourage yourself and find strength by reflecting on past successes.
4. Build a support network of colleagues and friends
5. Exercise daily
6. Envision yourself achieving your goal
7. Take a break, rest, reassess
8. Perform an action that isn't perfect

1. Continually accomplish little goals and monitor your progress
2. Draw confidence from past successes and apply those feelings to future goals.
3. Put criticism and doubt on parking lot; use them as motivators to pursue your goal.
4. Take care of your physical wellbeing
5. Write down your self-doubts and practice shifting your perspective.
6. Write down your achievements
7. Write down your personal practices for success - reconsider
8. Take care of your appearance (dress up, change your haircut or hair color)

**2<sup>nd</sup> Skill:**

**CONFIDENCE**

"Confidence is a state of certainty that allows the individual to have a positive but also a realistic perception of himself and his abilities. is based upon an ability to flexibly resolve whatever challenges that might occur along the way of achieving your desired outcome"



**3<sup>rd</sup> Skill:**

**EMOTIONAL CALMNESS**

"Emotional Calmness is a centered state of mind in response that requires patience, understanding and acceptance of reality"



1. Use measured breathing as a first step toward achieving emotional calmness
2. Move your body through exercise and get fresh air
3. Take 10 deep conscious breaths when experiencing negative experiences or emotions
4. Use an overnight to "sleep on" possible responses and solutions; make a realistic assessment, where appropriate
5. Use a "trusted coach" to understand the consequences of and responses to adversity.
6. Separate yourself from your emotions
7. See the funny side of things
8. Remember an emotionally calm situation



**4<sup>th</sup> Skill:**  
**OPENNESS**

“Openness is an open-mindedness to the ideas, opinions, and experiences of others, as well as the exploration of possibilities beyond your present reality”



1. Attend a workshop or read a book on Emotional Intelligence or Mindfulness
2. Be willing to confront and challenge your emotions that are provoked by difficult people and/or situations.
3. Identify all the areas that you are afraid to change and explore the reason why you are hesitant.
4. Go to workshops, gatherings, or community events that you would typically not attend.
5. Create a friendship for which you can share deeply personal experiences.
6. Grow your network, make new friends
7. Ask questions
8. Try to find the positive side in everything: replace negative thoughts

1. Release complaining when things don't go your way, instead ask what could i have done better
2. Stop procrastinating
3. Learn to not take things personally
4. Practice doing more things that make you happy - push out those that don't
5. Start by accomplishing small tasks each day. Try growing a plant, adopt or train a pet
6. Ask yourself: What could i do differently?

**5<sup>th</sup> Skill:**

**PERSONAL RESPONSIBILITY**

“Personal Responsibility is the willingness to view oneself as the source of the events, circumstances and conditions which exists in one's life.”



**6<sup>th</sup> Skill:**  
**REALISTIC ASSESSMENT**

“Realistic Assessment is the positive attitude around resolving the consequences of a clearly understandable challenging situation”



1. Take ownership of the consequences of your actions
2. Learn to value your opinion and perspective when experiencing challenging opinions from others
3. Have the courage and confidence to stand for what you believe is right, even if you're standing alone
4. Focus on the positives when you experience undesirable consequences of your actions.
5. Seek the advice of a trusted friend or mentor when you want the truth about adversity
6. Actively seek constructive feedback on strengths and weaknesses
7. Try your instincts and decide to go ahead
8. Accept that there will be failures