



Be Positively Powerful

Resilient When Things Get Tough

Nancy Willard

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Being Resilient When Things Get Tough

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Embrace Civility

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ISBN:978-0-9724236-7-0

Imprint: Independently published by Embrace Civility.

Website: <http://embracecivility.org>.

The images in this book were originally drawn by Mike Novotny, but have been modified significantly.

Please visit our website specifically for this book:

<http://bepositivelypowerful.com>



How you can
Be Positively Powerful

Resilient When Things Get Tough

It would be wonderful to promise that you will lead a happy and successful life. A life free from worries, pain, hurts, and distress.

You would never be treated badly, get into a fight with a friend, receive a grade lower than an "A," or lose a game. Your family would always have a place to live and enough food. Your community would always be safe. No one would ever leave you or die.

Unfortunately, life does not work like that. As you walk down the path of life, sometimes bad things will happen. This is not fair. But this is what it is.

The objective of this book is to support your resilience when things get tough.

Resilience is the ability to effectively respond when things get tough or when bad things happen to you.

Resilience means "bouncing back" from difficult experiences. Resilience is feeling empowered even after something bad has happened.

Being empowered is being strong and confident—getting past those bad things, learning from those bad things, and living a happy and successful life.



Be Positively Powerful

Be Positively Powerful will provide you with seven Actions you can use to be resilient, feel empowered, respond effectively when things get tough, and feel happy most of the time.

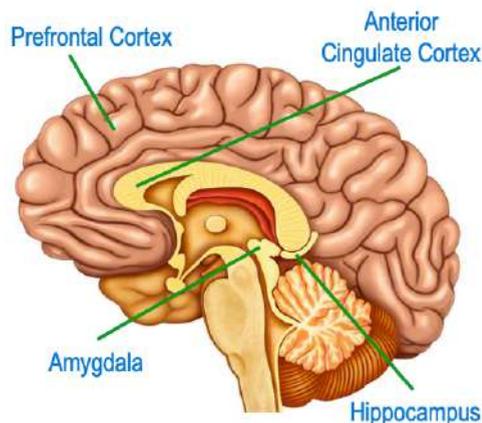
The Be Positively Powerful Actions are:

- **Make Positive Connections.** *I make positive connections with good friends and trusted adults.*
- **Reach Out To Be Kind.** *I reach out to be kind to others.*
- **Use My Strengths.** *I use my personal strengths every day. I build new strengths.*
- **Focus on the Good.** *I focus on the good things happening in my life. I am thankful.*
- **Be Mindful.** *I sit quietly and become calm. If things get tough, I remind myself to remain calm.*
- **Keep My Personal Power.** *I stand tall and walk with pride. I do not allow what happens to control how I think about myself or respond.*
- **Think Things Through.** *I think things through to decide what to do. I create goals and plan my actions.*



Key Areas of Your Brain

Let's learn about areas of your brain that are most involved with being resilient.



Prefrontal Cortex ~ Thinking Center

The prefrontal cortex is the Thinking Center of your brain. It is located near the top of your brain. Your Prefrontal Cortex is where your brain focuses your attention, solves problems, makes decisions, and plans your actions.

Anterior Cingulate Cortex ~ Emotional Regulation Center

The Anterior Cingulate Cortex is the Emotional Regulation Center of your brain. It is located next to the Prefrontal Cortex, but is deeper inside your brain. This part of your brain is responsible for controlling your emotions. Your Emotional Regulation Center works closely with your Thinking Center.

Hippocampus~ Memory Center

Your Hippocampus is your Memory Center. It is located even deeper inside your brain. The Hippocampus is where your brain stores your memories. When you remember what has happened and effectively learn from your experiences, you make better decisions.

The Amygdala ~ Threat Response Center

Your Amygdala is located way deep inside of your brain. This is your Threat Response Center. The job of your Amygdala is to pay attention to everything you see, hear, touch, smell, and taste and answer one question: "Is this a threat to my safety?" If your Amygdala senses a threat, it prepares your body to fight, run away, or freeze.

How Your Brain Works

The working parts of your brain are called "neurons." Neurons form connections with other neurons. These connections are called "neural synapses." We say that these neurons are "wired together."

Neurons communicate to each other through these neural synapses. They send messages to your whole body. These messages guide how you think and respond.

If your Amygdala senses danger, your neurons will send messages to your body to increase your breathing, heart rate, and blood flow. This is important so that you can effectively fight or run.

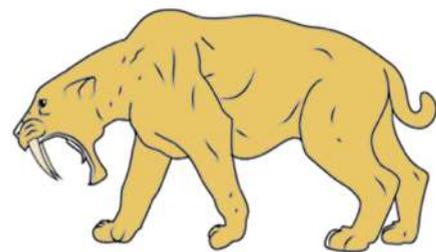
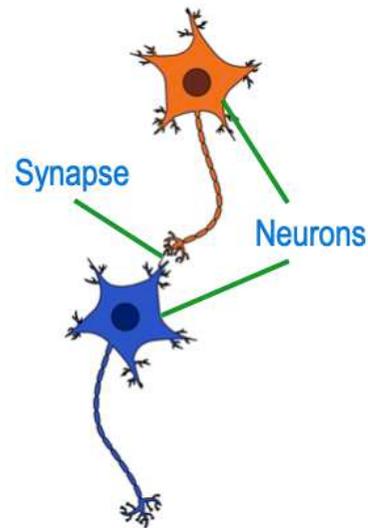
Our brains evolved with a natural tendency to focus on bad things. Why? Because this was necessary for survival. If a caveman did not pay attention when a dangerous animal was close by that would be a story with a sad ending.

Even today, your brain will naturally pay more attention to bad things that happen to you, rather than to the good things. Your brain looks for bad news. Your brain does this to keep you safe.

Your brain also does a really good job of storing memories of those bad things. The reason for this is so that you can learn from your experiences. This helps you to recognize possible danger and take steps to stay safe in the future.

If you frequently experience bad things, you will end up with a lot of negative neural synapses in your brain. This will keep your attention focused on bad things.

The really good news is that you can rewire your neural synapses to focus more on the good things. This will help you to become more resilience and empowered. This will help you be more consistently happy. This is the goal of Be Positively Powerful.



Your Brain is Maturing

As you are growing, your brain is maturing. Your brain develops in a way that is like how human brains evolved over time.

The older portion of your brain, your Threat Response Center, develops first. Your Thinking Center, is the last part of your brain to mature. This means that if you are afraid, you are more likely to react quickly, rather than think things through.

As your brain matures, your Thinking Center takes over greater control. You will gain much greater ability to think things through. You will better be able to plan ahead. You will also get better at figuring out how other people are thinking and feeling.

Every time you are involved in a new situation, you will learn from that experience. New neural synapses will be formed.

The memory of each experience will be stored in your Memory Center. What is stored in your Memory Center helps to guide how you will respond in new situations.

Your brain will continue to build lots of neural synapses in your Thinking Center until you are around age 25. Even after this age, your brain will continue to change. Throughout your life, your brain will develop new neural synapses.



Experiencing Bad Things

Unfortunately, sometimes young people experience bad things. Sometimes, a young person could experience a big bad thing or be experiencing ongoing bad things.

When your Threat Response Center thinks that a big bad thing might happen or ongoing bad things are happening, your body will get ready to fight, run away, or freeze and try to disappear. When this happens, your Thinking Center and Emotional Regulation Center will be shut down. They will become disconnected. You will be less able to think clearly or calm down.

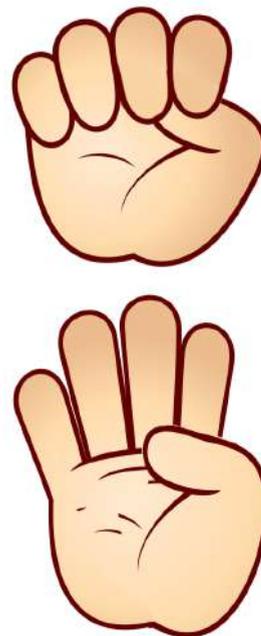
Sometimes, your Memory Center can also be involved. If what is happening now reminds you of a past bad time, your Memory Center might tell your Threat Response Center to go into action to protect you. This might happen even if what is happening right now is not really all that bad, but reminds you of when things were bad.

You can envision your brain in this way. Fold your thumb down into the palm of your hand. Then, fold your fingers over this. There are two parts:

- The Inside Brain, where your thumb is.
- The Outer Brain, where your fingers are.

Your Inside Brain is your Threat Response Center and Memory Centers. Your Outer Brain is your Emotional Regulation and Thinking Centers.

When big bad thing happens or ongoing bad things are happening, this can cause you to “flip your lid.” Open your fingers. If your Outer Brain is not communicating with your Inner Brain, you have “flipped your lid.” Your brain cannot remain calm or think things through to decide what is best to do.



Experiencing Ongoing Bad Things

If you are experiencing ongoing bad things your Threat Response Center will always be on alert. This can cause you to feel fearful, anxious, or irritated most or all of the time.

When this is happening, you will likely have a harder time feeling safe, calming down, or sleeping. You are more likely to trigger and act badly.

You will also have a harder time concentrating, learning, and remembering what you have learned. This can cause you to have problems in school or at home.

If anyone around you is experiencing ongoing bad things, like your parent or caregiver, the same thing is likely happening to them.

Their Threat Response Center is always on alert. They are feeling fearful, anxious, or irritated. They are having a harder time feeling safe, calming down, or sleeping. They are more likely to trigger, overreact, and act badly.

As a result of this, you and your parent or caregiver could get angry, get into arguments, and be upset with each other.

When you understand that the way you are feeling or acting is because your Threat Response Center is on alert, you can take steps to change this.

The Be Positively Powerful Actions that are in this book can help you take your Threat Response Center off of alert status. You can also share what you know about these strategies with your parent and caregiver. You can all become more resilient when things get tough.



Asking for Help

If you are feeling really sad or angry because of the bad things you are experiencing, it is important to talk with a trusted adult.

There are many ways that you can be helped. But a trusted adult in your life has to know how you are feeling. They might not always be able to figure this out, unless you talk with them. If one trusted adult who you talk to does not help you, talk to another.

If you are experiencing any of these things, even just some of the time, please reach out to a trusted adult to explain what is happening:

- Feeling really sad or angry.
- Always worrying that something bad may happen.
- Feeling that you are helpless or that things are hopeless.
- Having trouble thinking clearly.
- Having aches and pains, headaches, or stomach problems.
- Feeling tired all of the time.
- Not being interested in doing fun things.
- Waking up too early in the morning, not being able to fall asleep at night, not sleeping enough, sleeping too much, or having nightmares.
- Eating too much or too little.
- Having thoughts of harming yourself or someone else.





Your Brain Can Change!

Even if you have experienced a big bad thing or have had ongoing bad things happen to you, it is possible to rewire your brain to become more resilient. This will also increase your feelings of happiness. You will feel more empowered to do the things you want to do.

“Neuroplasticity” is a term that describes the brain's ability to change. Neuroplasticity is what allows your brain's neural synapses to form new positive connections.

Even if you have experienced bad things and your neural synapses have formed in a way that keeps your brain focused on those bad things, your brain does not have to stay this way. By focusing on the good things that are happening in your life, you can change your brain's negative neural synapses to positive neural synapses.

To rewire your brain, it is necessary to intentionally focus attention on good things. This rewiring is not going to happen rapidly. This will require intentional effort to focus on the good and to do things that make you feel good.

Experiencing bad things and overcoming them can result in many positive benefits.

- New opportunities and possibilities will come to you.
- You can form closer relationships with people.
- You will have a better understanding of your own personal strengths.
- You will likely become more interested in social justice and engage in actions that can support your school, community, and the world in becoming more kind and compassionate.

The Be Positively Powerful Strategies

The Magic Formula of 5:1

When you are using these strategies, it is helpful to remember what you learned about neural synapses. Remember that your brain naturally focuses more on bad things than good things. If you have experienced a lot of bad things, you may have more negative neural synapses.

There is a magic formula to help with the neuroplasticity process. This magic formula can help you get rid of negative neural synapses and form positive neural connections. These positive neural synapses are what will support your resilience, empowerment, and happiness.

This Magic Formula is 5:1. It takes five positives to undo one negative.

Here is an example of how can you use this 5:1 Magic Formula:

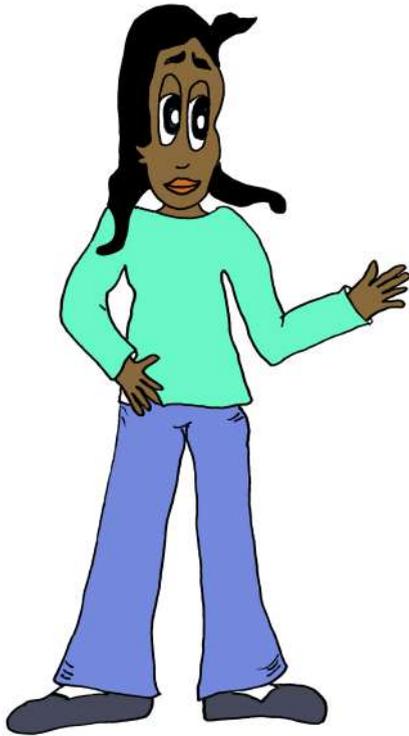
- If someone is hurtful to you, quickly reach out to be kind to five people.
- If you start thinking about something bad that happened, stop yourself and think about five good things that recently happened.

Keeping a Journal

It is really helpful to keep a Journal. In the next sections, there will be Questions you can answer. There will also be Actions you can take every day. Sometimes, there will be Experiments you can try.

Get a notebook to use as your Be Positively Powerful Journal. Write your responses to these Questions in your Journal. Or draw a picture. Every evening, write or draw a picture in your Journal about the Be Positively Powerful Actions you took or Experiments you did that day.





How Resilient Are You?

You can figure out how resilient you are. Here is how to do this. Rate how you feel on these statements and then do a calculation.

Note that each column has a number: 1, 2, 3, 4. For every check you placed in each column, add up the numbers for that column. If you placed 4 checks in column 4, this would be 16.

Then, add all of the numbers together. Lastly, divide by 10, because there are 10 statements.

What is your current Resilience Score? After you practice the Be Positively Powerful Actions for a while, you can do this again..

Statement	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
I am pleased with the way I am.				
I am satisfied about most everything in my life.				
I am happy most of the time.				
Usually other people are happy to be around me.				
I feel that I am in control of my life.				
I can do most things if I try.				
I can work out my problems.				
I find it easy to make decisions.				
I have fun with other people.				
Others are there for me if I am having a challenge.				
Add the numbers in each column.	Add up 1's:	Add up 2's:	Add up 3's:	Add up 4's:

Make Positive Connections

I make positive connections with good friends and trusted adults.

Good Friends

Having good friends can help you feel good about yourself and have more fun in your life. To have good friends, you have to be a good friend. Smiling at people sends a message that you want to be friends with them.

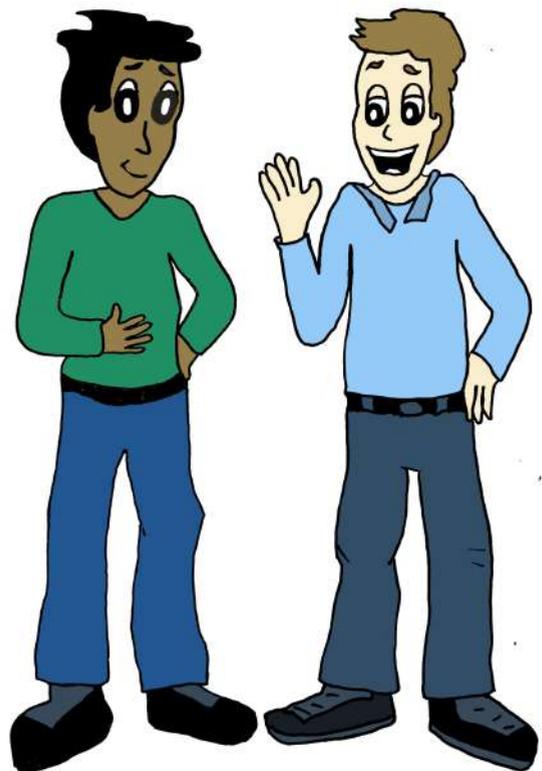
The biggest barrier to making friends is the fear that someone might not want to be your friend. Just focus on getting to know someone better. If you both decide to become friends, this is great. If not, that is also fine.

The best way to make new friends is by doing the things you enjoy. People like to be friends with those who have fun doing the things they like to do. Get involved in fun activities with the idea of enjoying the activity—and possibly making a new friend. Focus on having fun. Look around to find someone who also looks like they are having fun.

Treat people the way you want to be treated. Let your friends know you believe in them and support them. Be sure to give your friends space. Just because they want to do something without you does not mean they are not your friend.

Sometimes someone you consider a friend might do something hurtful. Or your friend could encourage you to do things you know are not kind or smart. Ask yourself if you really want to remain friends with this person. You will be happier if you choose friends who are kind and make good choices.

Realize that friendships sometime end. This does not mean anything is wrong with either of you. Do not allow your sadness to turn to anger or attack. Keep yourself busy doing things that you enjoy. Be open to making new friends.





Trusted Adults

It is also helpful to have adult friends, some “trusted adults.” Trusted adults are adults you feel safe talking to when you are upset or scared. Trusted adults will support you.

Trusted adults can help you Think Things Through for yourself to decide what you can do. Look for adults who help you to decide things for yourself and don’t just tell you what they think you should do.

Trusted adults can be parents, grandparents, or guardians. A teacher or a coach could be a trusted adult. The parent of a friend could also be a trusted adult.

Look around and you will find adults who would love to support you in becoming the best person you can be.

Be Positively Powerful

You can ask these Questions to Make Positive Connections.

Ask these Friendship Questions: Who are my current friends? How am I connecting with my friends? What interests do we share? What are the strengths of these friendships? How can we build on these strengths? Do I want to make some new friends? How can I do this?

Ask these Trusted Adult Questions. What trusted adults do I connect with? How am I connecting with these trusted adults? Do I want to form a connection with another trusted adult? How can I do this?

At the end of the day, write about your Actions in your Journal.

Answer these Questions: What friends did I have a positive connection with today? How did this make me feel? What trusted adults did I have a positive connection with today? How did this make me feel?

Reach Out To Be Kind

I reach out to be kind to others.

One of the best ways you can increase your happiness is to Reach Out to Be Kind to others every day.

You might think that Reaching Out to Be Kind to others is something you do for them. The cool thing is that being kind to others also is good for you. Being kind and doing things in service to others will make you feel happy. Reaching Out to Be Kind to others makes you feel as good as the people to whom you are being kind.

Reaching Out to Be Kind to others can increase your happiness and decrease your feelings of being alone. Being kind to others results in other people being kind to you. When many people Reach Out to Be Kind, this makes our world a better and more kind place.

Here is an Experiment you can try that can help you focus on Reaching Out to Be Kind:

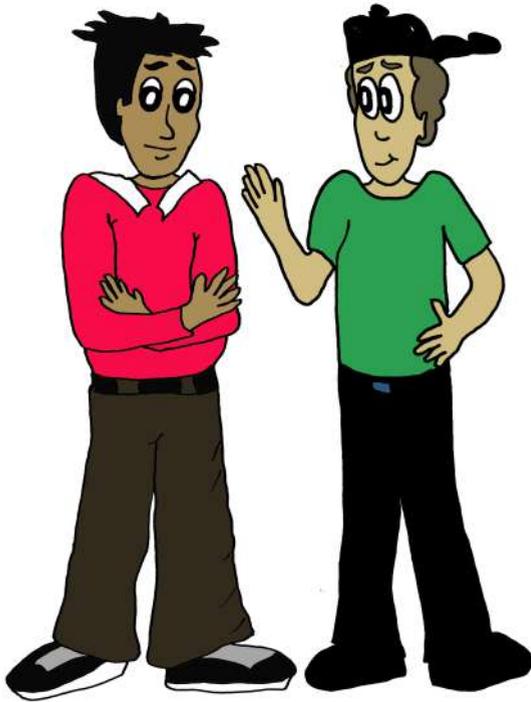
Think about how happy you feel right now on a scale from 1 to 5—from “not happy much of the time” up to “very happy all of the time.”

Get five bright copper pennies. Start the day with those pennies in your left pocket. When you Reach Out to Be Kind to someone, move a penny over to your right pocket. Try to move all of those pennies to your right pocket during the day. Do this every day for a week.

Then, at the end of a week, think about how happy you feel on the 1 to 5 scale.

You can Reach Out to Be Kind to a lot of different people: Someone you would like to become friends with. Students in your school who you are not close to. Someone in your school who is being left out or treated badly. Someone been hurtful to you in the past, but is not being hurtful now—or





this person's friends. This could reduce the possibility they will be hurtful in the future.

Think of some ways you can Reach Out to Be Kind: Tell a friend you are glad they called you. Tell your friends you like their cool new shirt. Help your parent put the groceries away. Read a story to your younger brother or sister. Send a personal message to a friend to tell them how much you care about them. Give your mom or dad a hug. Share a big smile and say "hi" to a stranger in the store. Take your dog for a walk. Feed your cat.

If someone has been hurtful to you, one way to respond is to create a "Ripple of Kindness." As quickly as you can, Reach Out to Be Kind to five people. Tell them you are starting a "Ripple of Kindness." Ask each of them to help you spread this Ripple by Reaching Out to Be Kind to five other people. Have fun and watch the Ripple of Kindness grow.

By shifting your focus from bad thoughts about what happened to you to Reaching Out to Be Kind to others, this can help to take away your bad feelings.

You could also help to form a Kindness Team at your school. This can be a great way to be of service to others. Conduct an online search for "kindness, school" for cool ideas.

Be Positively Powerful

At the end of the day, write about your Actions in your Journal.

Answer these Questions: Who did I Reach Out to Be Kind to?
What did I do to be kind? How did this person respond?
How did this make me feel?

Use My Strengths

I use my personal strengths every day. I build new strengths.

A group of researchers from throughout the world identified 24 character strengths. These character strengths lead to goodness in human beings. These strengths were common in every nation, cultures, and spiritual beliefs throughout the world.

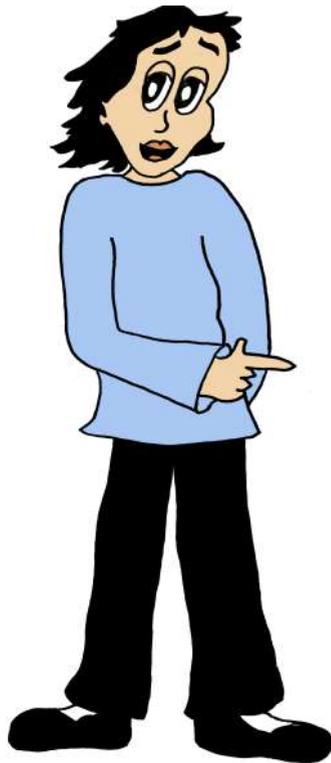
Everyone has different character strengths. If you Use Your Strengths every day, this can increase your happiness. You can also take Actions that Use Your Strengths when you Think Things Through to decide what to do to resolve a problem. You can also build new strengths.

If you complete this Assessment you can identify your strongest character strengths.



Strength	Description	Very Much Like Me	Often Like me	Some Times Like Me	Not Often Like Me	Not At All Like Me
Creativity	I like to think of new and better ways of doing things.					
Curiosity	I am always asking questions. I love to discover new things.					
Judgment	I look at all sides of an issue to come up with the right answer.					
Love of learning	I love to learn new things.					
Wisdom	I am considered thoughtful and wise.					





Strength	Description	Very Much Like Me	Often Like me	Some Times Like Me	Not Often Like Me	Not At All Like Me
Bravery	I speak up for what is right, even if others do not agree with me.					
Persevere	I finish what I start, even if it becomes difficult.					
Honesty	I speak the truth. I am responsible for my feelings and actions.					
Zest	I live life as an adventure filled with excitement and energy.					
Love	I value the close relationships I have with others.					
Kindness	I enjoy helping others, even if I do not know them well.					
Social intelligence	I pay attention to the motives and feelings of others.					
Teamwork	I always do my share. I work hard for the success of my group.					
Fairness	I treat all people in a fair manner.					
Leadership	I am good at being a leader when I am with a group of people.					

Strength	Description	Very Much Like Me	Often Like me	Some Times Like Me	Not Often Like Me	Not At All Like Me
Forgiveness	I am willing to forgive someone who has done something wrong.					
Humility	I am humble and let my actions speak more than my words.					
Prudence	I am careful about what I do. I do not do things I might later regret.					
Self-control	I pay attention. I am always in control of what I do and say.					
Appreciate excellence	I appreciate the beautiful and wonderful things in life.					
Gratitude	I pay attention to the good things that happen to me. I express my thanks.					
Hope	I believe that good things are coming to me now.					
Humor	I like to laugh, smile, and see the good in all situations.					
Spirituality	I feel my life has a higher purpose.					



Be Positively Powerful

Look over this list.

Ask yourself these Questions: What are my five most important strengths? What are the strengths I most appreciate in others? What are the strengths I would most like to develop?

At the beginning of each day, pick a strength you want to use. That day, engage in an Action that Uses Your Strength. At the end of the day, write in your Journal about the Action you took to Use Your Strength.

Answer these Questions: What strength did I use? How did I Use My Strength? What happened when I did? How did this make me feel?

At the beginning of each day, pick a strength you want to build. That day, engage in an Action that Uses Your Strength. At the end of the day, write in your Journal about the Action you took to Use Your Strength.

Answer these Questions: What strength did I decide to build? How did I Use My Strength? What happened when I did? How did this make me feel?

If you have a problem that you have to deal with, Think Things Through to decide some Actions you could take to respond to this problem that Use Your Strengths. At the end of the day, write in your Journal about the Actions you took.

Answer these Questions: How did I Think Things Through to decide what to do so I could Use my Strengths? What happened when I did? How did this make me feel?



Focus on the Good

I focus on the good things happening in my life. I am thankful.

When you Focus on the Good things happening in your life, this will make you feel happy.

Remember what you learned about neural synapses. When you intentionally Focus on the Good this will wire your neural synapses to be happy. When you tell someone you are thankful, this also will wire your neural synapses to be happy.

If life has been challenging for you, intentionally reminding yourself every day to Focus on the Good and be thankful is one of the best ways to rewire your neural synapses to gain resilience and happiness.

This is a process you can use to Focus on the Good. This process will help to wire your brain to be resilient and happy:

- **Notice the Good.** Either notice that a good thing that has happened or do something good for yourself.
- **Enrich the Good.** Keep thinking about this good thing for just a bit of time. Enjoy it. Think about how wonderful this is. Take the time to feel really happy. Surround your body with happy feelings.
- **Absorb the Good.** Think about these warm and happy feelings filling your body. Let this big happy feeling travel deep into your mind. Let it warm your heart.

Whenever you have a negative thought or a bad thing has happened, think to yourself "cancel." Then, Focus on the Good by thinking about something good that has recently happened. Let your Focus on the Good erase your bad feelings from the negative thought or bad thing that happened.





Try this Experiment:

Think about how happy you feel right now on a scale from 1 to 5—from “not happy much of the time” up to “very happy all of the time.”

For the next week, every evening write about five or more good things that happened that day in your Journal. As you are writing about these good things spend a bit more time to Enrich the Good and Absorb the Good.

In the morning, look at what you wrote the night before. Take the time to Enrich the Good and Absorb the Good.

Also, every day for the next week, Focus on the Good by sending a thank you message to at least one person who did something that made you happy.

Answer these Questions: Who did something that made me feel happy? What did this person do? What did I do or say to thank this person? How did this make me feel?

Then, at the end of a week, think about how happy you feel on the 1 to 5 scale.

Be Positively Powerful

At the end of each day, write about how you Focused on the Good in your Journal. Write about the things you are thankful for.

If someone has done something that has made you feel happy, take an Action to thank this person. Send a message to this person thanking them. Or send a card that you drew. This will make both you and them feel happy.

Be Mindful

I sit quietly and become calm. If things get tough, I remind myself to remain calm.

Practice Being Calm

The practice of mindfulness helps you achieve calmness and focus. When you practice being mindful, this will rewire your brain so that you are less likely to “flip your lid” when things get tough. There are some simple steps you can take to practice mindfulness:

- Take a seat on the floor and cross your legs, sit in a chair, or lie in your bed and close your eyes.
- Breathe in slowly. Hold your breath briefly. Slowly let your breath out.
- If your mind wanders, gently return to thinking about your breath.
- Do this for at least a minute. Work up to 5 or more minutes.

You can also Be Mindful when you start a new activity. When you sit down to do some school work, take the time to briefly close your eyes, breathe in, hold, breathe out. Do this just five times. Then, open your eyes and start to work.

You can also Be Mindful by practicing movement mindfulness through yoga. Or take a mindfulness walk in nature. Breathe deeply and slowly and focus on the growing things.

Remain Calm

“Self-regulate” means that you have the ability to keep yourself calm and not “flip your lid” when things get tough. These are the stages of “flipping your lid:”





- **Calm.** You feel calm and relaxed.
- **Trigger.** Something happens that starts to make you feel upset.
- **Build.** You become increasingly upset.
- **Outburst–“Flip Your Lid.”** You become out of control.
- **Confusion.** You now feel confused and embarrassed.
- **Recovery.** The time it takes for you to calm down.

Notice when you trigger and start to feel upset. Immediately Be Mindful. Breathe in slowly, hold your breath briefly, slowly let your breath out. Name what you are feeling and why. Walk away from the situation, if you can. Make a Positive Connection with a good friend or trusted adult. Think about some good things that recently happened. Look around to see how you can Reach Out to Be Kind to someone.

Be Positively Powerful

Take the time to Be Mindful several times every day. This can include being mindful for a longer time, mindful movements, mindful walks, or mindful transition moments. In your Journal, note how much time you spent that day Being Mindful.

At a time when you are calm, think about the common things that make you trigger. Think about how and where this often occurs. Then, think about Actions you could take to remain calm. You might think about how you could Use Your Strengths to self-regulate. Write down all of your Actions you could take for every time that you start to trigger.

If something happens and you start to trigger, remain calm by breathing slowly. Use one of your Actions to effectively respond. After this, write in your Journal what happened and how you responded. Think about how you can do this even better the next time.

Keep Your Personal Power

I stand tall and walk with pride. I do not allow what happens to control how I think about myself or respond.

Stand Tall

You can Keep Your Personal Power by standing tall and walking with pride. Try this Experiment:

- **First, "Feel Small."** Stand or sit in a hunched over manner. Hang your head low. Look down at your feet. Fold your arms across your chest. Take a breath and sigh. How does this make you feel?
- **Now, "Stand Tall."** Stand up as straight as you can. Hold your head high. Look directly in front of you. Hold your arms high in a "success pose"—like you would hold your hands if you just scored a soccer goal or got an "A" on a paper. How does this make you feel?

You have just felt the power of standing tall.

There is a cool thing that happens when you intentionally stand tall. You can stand tall even when inside you are feeling small. You can "fake it." What will happen is that you will "make it." You will begin to feel more powerful.

Every morning when you get out of bed, take a minute to stand tall and feel your personal power. Then, walk out of your room with pride and begin your day.

Control Your Thinking

You will never be able to control when or if something bad might happen to you. You do have the ability to control your thinking about how you feel about yourself. You can also control how you respond. This allows you to Keep Your Personal Power.



Feeling sad or angry is not caused by the bad things that happen to us. These feelings are caused by our beliefs or thinking about those bad things. While we can't control what might happen. We can control our beliefs and thinking.

Think about this as A-B-C.

- **A is the "Adversity."** "Adversity" is the bad thing that has happened.
- **C is the "Consequence."** The consequence is how you feel.

But A is not the only thing that causes C.

- **B is your "Belief."** Your "belief" is what you think about A.

Thus, **A + B = C.**

While it is not possible to control A—what might happen—it is possible to control B—what you think) By controlling B, you are in control of C—how you feel. When you know that you can control C, you will feel more powerful.

Be Positively Powerful

If anything bad happens, do this: Be Mindful and remain calm by breathing deeply. Stand tall. This will immediately help you feel more powerful. Then, think to yourself, "I choose not to give anyone the power to control how I feel about myself." In this way, you can control the how you feel. You can remain positively powerful!

If you use this Action, in your Journal describe the situation and how you responded. How did this make you feel? Think about how you can do this even better the next time.



Think Things Through

I think things through to decide what to do. I create goals and plan my actions.

When you learn how to effectively Think Things Through, you are better able to take care of yourself. You can come up with a good approach to respond if things get tough.

Think Things Through

How you can Think Things Through to decide what to do:

- **What has happened?** Take the time to think about what has happened. Think about how other people might think about what happened.
- **What is my goal?** Know what you want to achieve.
- **What strategies could I use?** Identify several different Actions that you could take. Identify Actions that Use Your Strengths..
- **Is each strategy in accord with my values?**
Evaluate the Actions based on your own values and your family's values. Is this the right thing to do?
- **For each Action, what might happen?** Think about what might happen if you took each Action.
- **What is my best choice?** Decide which Action would be your best choice.
- **How should I proceed?** Determine what steps are necessary to take this Action.
- **Did this work?** After you taken this Action, decide whether this worked.
- **If not, what else could I do?** Realize that the Action you take might not work. You might have to take a different Action. You should expect that this might happen.





Create Goals and Plan Your Actions

Another way you can Think Things Through is by creating goals and an action plan.

Create goals that you want to achieve, because they are important to you. Make sure your goals are specific. Is this something you can do? Put your goals in writing.

You can create goals for a short time, like a day. Or you could create goals that will take longer, like a week or a month, or even longer.

Then, plan your actions. Think Things Through to identify the steps necessary. Decide what needs to happen first. Then what has to happen next.

Identify when each action step has been taken. Evaluate the effectiveness of your actions. Change your plan of action you need to. You could also change your goal.

Be Positively Powerful

In your Journal, describe whether you were faced with a challenge that day and had to Think Things Through.

Write out what your responses were to each of the Think Things Through questions.

Answer these Questions: How did this process work for you? How did this make you feel? How can you improve on this approach for the next time?

Take time at the start of each week to identify a goal for what you want to do. Write this goal in your Journal. Then, create an action plan. At the end of the week, write an evaluation of your actions in achieving this goal. Then, create a new goal or revise your action plan.

Reassess Your Resilience

Practice the Be Positively Powerful Actions for a month or more. Then, rate again how you feel on these statements.

Calculate your new Resilience Score. Remember, for every check you placed in each column, add up the numbers for that column, then, add all of the numbers together and divide by 10.



Statement	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
I am pleased with the way I am.				
I am satisfied about most everything in my life.				
I am happy most of the time.				
Usually other people are happy to be around me.				
I feel that I am in control of my life.				
I can do most things if I try.				
I can work out my problems.				
I find it easy to make decisions.				
I have fun with other people.				
Others are there for me if I am having a challenge.				
Add the numbers in each column.	Add up 1's:	Add up 2's:	Add up 3's:	Add up 4's: