Shift Yourself 1st

CHAPTER 5

What change can you make personally to embody the culture that you want to see?

NOTES ON RESILIENCE AND BURNOUT

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Three strategies for becoming resilient:

1. _____

2. _____

3. _____

Shift Yourself 1st

Focused Writing Exercise

In what ways do I get into vicious cycles?

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Draw your own vicious and resilient cycle in the space below.
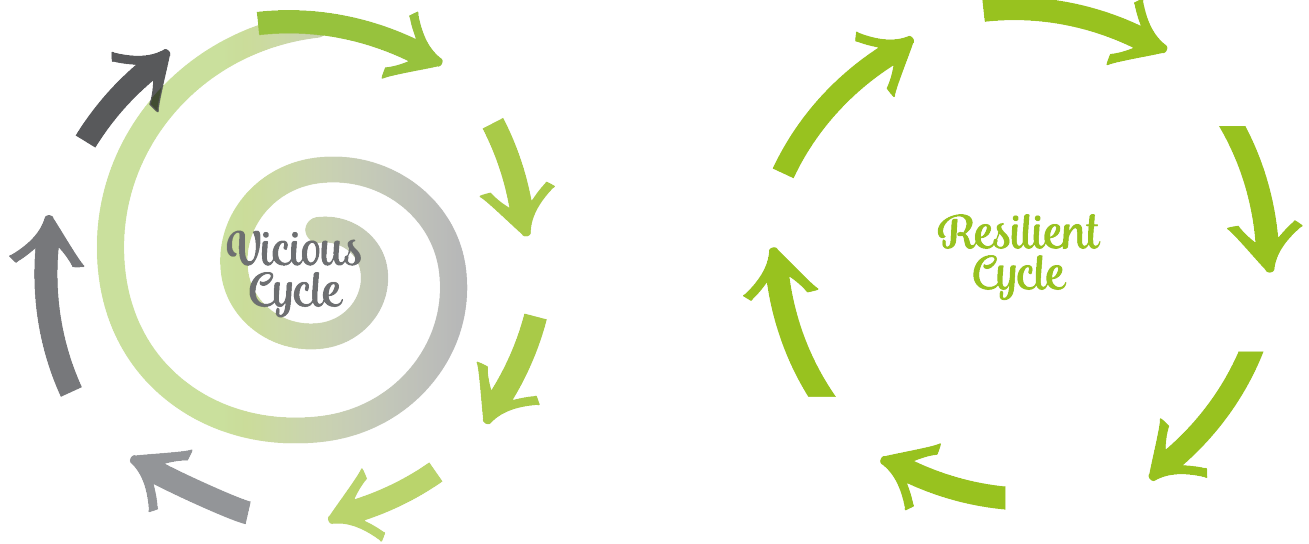
Vicious Cycle

Resilient Cycle

2
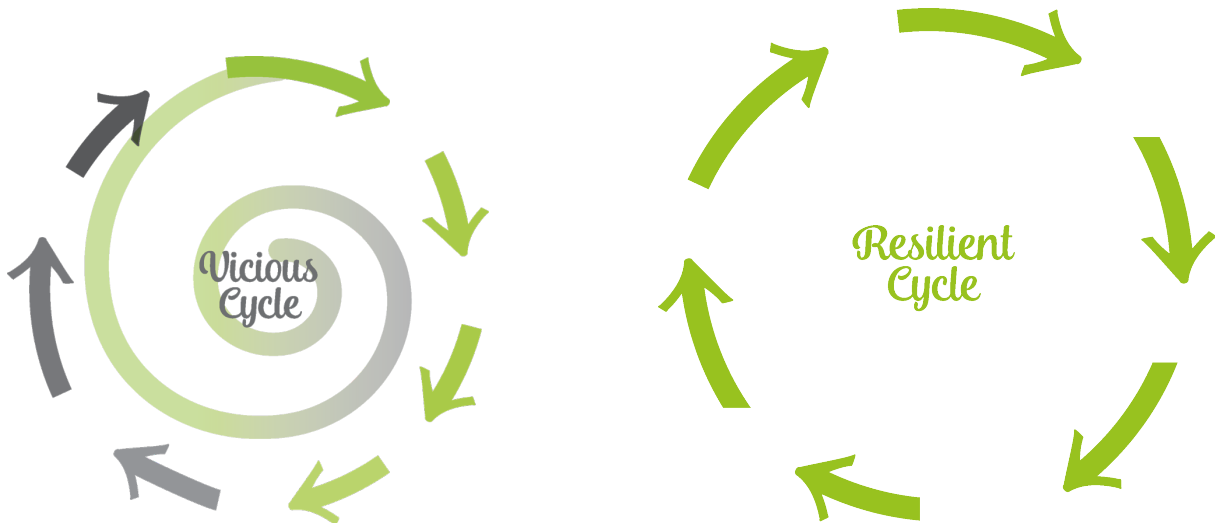
Shift Yourself 1st

Draw the vicious cycles your team gets into and a suggested resilient cycle

Vicious Cycle

Resilient Cycle

NOTES ABOUT THE IMPACT OF SLEEP AT WORK

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Shift Yourself 1st

Let Go, Continue and Start

Based on your own habits and the practices discussed in this chapter, make a list of at least five things you will stop doing (let go of), continue doing (build on) and start doing to create continual renewal for yourself.

	STOP/LET GO	CONTINUE/BUILD ON	START
1.			
2.			
3.			
4.			
5.			

Try the above exercise with your team, focusing on team practices.

How will you manage your energy better throughout the day?

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Shift Yourself 1st

What guidelines can you set up to become more email intelligent?

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RESILIENCE & REINVENTION AMIDST COVID-19

- **With your organization (or team) in mind, consider and journal about these questions. Which ones warrant a discussion, and with whom?**

What is our purpose? What are our values?

Has Covid-19 changed them in any way? Do they need revising?

Given our purpose and values, how can we best work together virtually?

Shift Yourself 1st

What guidelines do we need to create to be able to do this?

How do we reward people for living our values? Are there mismatches between what we value and what we reward?

What conversations need to happen about this? With whom?

DON'T FORGET

Remember to continue with your daily gratitude practice. We will discuss this more in Module 6.

Remember to review your Through-Line Plan every week. What are your first three turns this week?

GRATITUDE JOURNAL

Write at least three things every day for 7 days that you are grateful for.

	Observations:
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	