**BOUNCING BACK: DEVELOPING RESILIENCE AMID CHALLENGES AND CHANGE**  
A 60-minute Webinar

**BOUNCING BACK – WHAT DOES IT MEAN?**

*Merriam-Webster.com:* to return quickly to a normal condition after a difficult situation or event  
*Dictionary.com:* the act or an instance of bouncing back, recovering, or recuperating  
*unofficial definition:* strengthening our own ability to adapt, grow, and prosper in a given situation

What other words can you think of that would indicate bouncing back?

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**WHAT ARE SOME ANTONYMS FOR BOUNCING BACK?**

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What – specifically – does it mean in my life? What kinds of things do I need to bounce back from? What causes me to “sink”?

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**WHY IS IT IMPORTANT TO ME?**

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**WHAT CAN WE DO TO BOUNCE BACK?**

1. According to Daniel Goleman, author of *Emotional Intelligence: Why It Can Matter More than IQ,* the key to bouncing back from more frequent everyday occurrences and mistakes, you need to

________________________

2. Use ________________________________

________________________

3. Keep _________________________________

________________________
4. Control the _______________________________________________________.

______________________________________________________________

______________________________________________________________

______________________________________________________________

5. Be intentional about your __________________________________________.

______________________________________________________________

6. Use your _______________________________________________________.

______________________________________________________________

7. Develop your ____________________________________________________.

______________________________________________________________

8. Tap into your ____________________________________________________.

______________________________________________________________

9. Don’t view yourself as a ____________________________________________.
https://www.inspiremore.com/brilees-positive-affirmations/

10. _______________________________________________________ if you need to.

11. Remind yourself that bouncing back can become a ___________________ and a ___________________.

12. _______________________________________________________ yourself.

______________________________________________________________

13. Don’t become __________________________________________________ to your own emotions.

**Which tip will I use first? In what kind of circumstance?**

______________________________________________________________

**What difference do I expect to observe or feel?**

______________________________________________________________

**What can I do more of to bounce back more easily?**

______________________________________________________________

**What can I do less of to bounce back more easily?**

______________________________________________________________

**What do I need to stop doing completely?**

______________________________________________________________