



iChoose XLR8

Module 2

Lesson 7: Resilience



"Be a diamond. Shine through the grind."

JOHN C. MAXWELL



AT THE END OF THE SELF-DISCIPLINE LESSON, YOU WROTE AN ACTION STEP TO IMPROVE YOUR SELF-RATING.

Did you complete the action? ☐ Yes ☐ No Describe the results.

LEGEND:

Use the prompts throughout the lesson to guide you.



First person
read aloud.



Next person
read aloud.



Underline what's
important to you.



Share with
others.



Take
action.



HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:

1. Form groups of 3-5 for a 30-45-minute time slot and 6-8 for an hour.
2. Respect and value each person in the group.
Encourage yourself and others as you share.
3. Take turns reading each section of the material out loud.
You may request to pass to the next reader.
4. Discuss openly. As you read, underline what is important to you.
5. Evaluate yourself. Review. Reflect. Apply. Have fun!

THE GOAL OF THIS LESSON:

Choose to be resilient and overcome the difficult things in your life.



01

Resilience is a Choice



Resilience is the capacity to cope with stress and adversity. It is a result of both pressure and choice. Everyone has difficulties in life, but it is your choice to be defeated by hardship or refined by it. It is your choice to be broken by pain or made wiser because of it. It is your choice to be crippled by fear or allow it to build courage within you. It is your choice to be resilient that makes the difference!

The benefits of life's challenges are so precious that if they could be bought, people would pay dearly for them, and they do!



Diamonds are tough — almost unbreakable — and one of the most resilient gemstones on earth. What is fascinating about diamonds is the symbolic beauty they represent. They are the embodiment of beauty molded under extreme pressure.

A diamond doesn't start out polished and shiny. It once was nothing special, but with enough time, pressure, and hardship, it eventually becomes a jewel to be treasured! You can be like a diamond.

You weren't born with resilience, but you can become resilient by practicing it in the choices you make and the actions you take. You become what you do if you do it often enough. After much practice, resilience becomes who you are.



02 Resilient Practices



1. *Make failure your friend.*

Failure is inevitable. Everyone fails, but not everyone responds the same toward failure. Your response toward failure will be determined by whether you make failure an enemy or a friend.



Note the differences and check all that apply:

FAILURE AS AN ENEMY

- ☐ I deny it.
- ☐ I put myself down.
- ☐ I make it a stop sign.
- ☐ I quit.
- ☐ I lose my way.
- ☐ I get bitter.

FAILURE AS A FRIEND

- ☐ I learn from it.
- ☐ I pick myself up.
- ☐ I make it a guideline.
- ☐ I keep trying.
- ☐ I find my way.
- ☐ I get better.



Which side has the most checks? "Failure as an enemy" or "Failure as a friend"?
The more you check "Failure as a friend" the more resilient you become.



2. *Master your emotions or they will master you.*

Resilience is an overcoming word. Life is not easy. A resilient person continually swims upstream, runs against a stiff wind, and climbs mountains. Life is uphill all the way! Resilient people don't count their losses; instead, they count their lessons. They keep faith in the future even when things are not working out in the present. They believe mistakes are not failures but are proof to having made the effort. When they fall, they get up, get over it, and get going again!

How do they overcome? What is their secret? They overcome many things because they first conquered their emotions. How?





Emotions are sometimes unreliable. Have you ever reacted emotionally and later regretted it? Of course. That happens to everyone. To make your emotions an asset instead of a liability, include them with...



1. An inquisitive nature: Emotions are your reactions to the world around you.

By reflecting and asking why you have a reaction to something, you can make your feelings become more productive.

2. A mature perspective: Emotions can be a result of just your own perspective.

Allow someone you trust to speak into your life. Their perspective may make your emotions more whole.



3. More time: Reflection removes the edge from reaction. Wait until the emotional surge has passed before you respond.

4. More resolve: Once you are confident in your decision, act. Let your emotion — with added resolve — strengthen your resilience.



REFLECTION:

HOW RESILIENCE AFFECTS ME

What one thing will I do to become more resilient?




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**Today I will not allow my failures or  
my emotions to control my actions.**

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Resilient Practices (Continued)



3. *Get small wins under your belt.*

Resiliency is built through accumulating small wins in your life. Small wins begin with effort. Don't try to be perfect. Try to be better. Better is enough to get you going. Once you start, you will feel better about yourself, and that is a small win. The dividing line between words and wins is action. Do you want to sound good or do good?



Resiliency builds self-respect. One sure way for you to build self-respect is through effort and accomplishment. Self-respect isn't something a teacher or a coach or a government can hand you. Self-respect grows through self-created success — not because we've been told we're good, but when we know we're good.

Words of praise without accomplishment = Self-doubt

Words of praise with accomplishment = Self-respect



When you take action, you will encounter fear. You will struggle and face difficulties. At times, you will have to fight for what you want. But you will make a wonderful discovery. Often it is in those difficult struggles that you come most alive. That is where you earn self-respect, forge friendships, learn wisdom, become creative, and do purposeful work. If you want to build resilience, you will have to fight for it, and the greatest win will be self-respect.

REFLECTION:

WORDS OF PRAISE WITH ACCOMPLISHMENT = SELF-RESPECT

What can you attempt and accomplish right now that will increase your self-respect?



HOW MY RESILIENCE AFFECTS OTHERS

4. See the big picture.

Life is all about perception. What one person sees as reality may be completely different from what another person in the same situation may see. It all depends on how our individual thoughts, feelings, choices, and behaviors shape our worlds. If we could only take a step back and look, I mean really look, at how we react to situations and interact with other people, we would learn so much about ourselves and others.

Resilience is endurance with direction. It is endurance with a purpose. The result? You view all your setbacks from a broader perspective. You see more so you are able to endure more! When you see more and can endure more, you can be more for others.

Advantages of seeing the big picture...

1. Hopeful living: Resilient people never lose hope. They face their fears and have an adaptive attitude that lets them focus on possibilities, even in the worst of times. Hopeful living is both inspirational for the individual and for others. They are refined by tough situations.





When they are faced with a very difficult situation, this happens:

Their pride says — “It’s impossible.”

Their experience says — “It’s risky.”

Their reason says — “It’s pointless.”

But their heart says — “Give it a try.”

Defeat is in the mind but resilience is in the hopeful heart.



2. Generosity to others: Giving enlarges insight. Even in the toughest of times, resilient people find a way to care for others because sometimes being selfless is the best way to discover your own strength.

3. A better you:



Rocky Balboa said,

“You, me, or nobody is gonna hit as hard as life. But it ain't about how hard you hit. It's about how hard you can get hit and keep moving forward. How much you can take and keep moving forward. That's how winning is done!”⁵

⁵ *Rocky Balboa*. Directed by Sylvester Stallone, Metro-Goldwyn-Mayer, 2006.

Resilience is the virtue that allows you to move through difficulties and get better. You shed the label of “victim.” You won’t say, “What happened to me is terrible and there’s nothing I can do.” You will say, “What happened to me was pretty bad, and I will get through this.” You won’t wallow in self-pity and ask “Why me?” Instead, even though it can be painful, you will persevere with a positive attitude and become a beautiful diamond! And, if you struggle to find a path to resilience on your own, you can turn to a trusted adult to guide you. A trusted adult can help create a safe place from which you can bounce back. Talking to a parent, teacher, coach, or youth group leader can give you access to new ways of thinking or the ability to make some needed changes on your journey to becoming a more resilient you. The rewards of resilience are worth it.



REFLECTION:

What is the most important thing you have learned about resilience?

What resilience choice will you make now that will help you and others?



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**Today I will become better for myself and for others because I am more resilient.**

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EVALUATE YOURSELF ON HOW WELL YOU DEMONSTRATE BEING RESILIENT ON A SCALE OF 1 TO 5:

Select your answer. (1 is weak, 5 is strong)

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Why did you give yourself this rating?



ACTION STEP:

What specific action can you take immediately that will improve your rating?





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