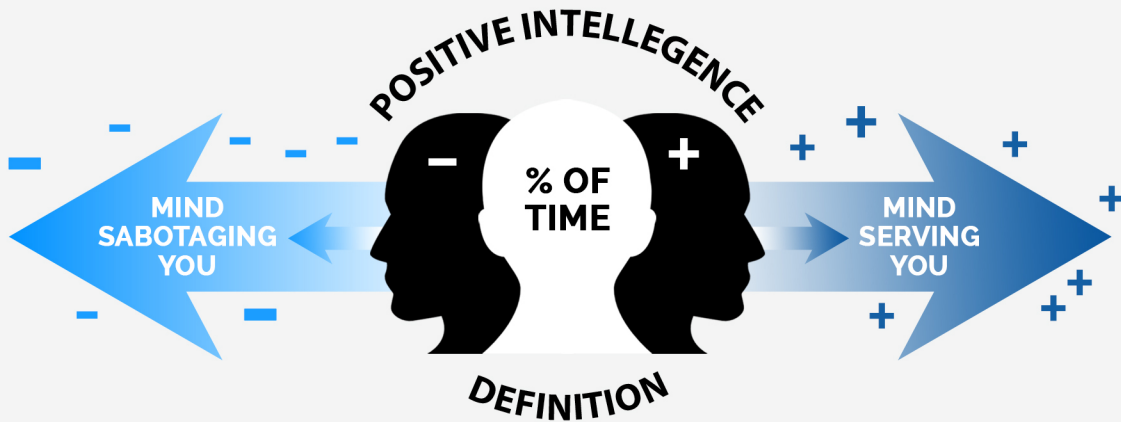


MASTERING RESILIENCE IN TIMES OF UNCERTAINTY



MAY 3, 2022 | TALIA FOX, CEO KUSI GLOBAL, INC.

MASTER YOUR BOUNCE:



BE YOUR OWN GURU:

Your Mind



- 1 Do your thoughts encourage or discourage you?
- 2 Do your thoughts empower or demoralize?
- 3 Do your thoughts energize or drain you?

Your Actions



- 1 Do your actions or words encourage or discourage others?
- 2 Do your actions or words empower or demoralize?
- 3 Do your actions or words energize or drain you?

REFLECT OFTEN AND THINGS WILL BE EASIER:

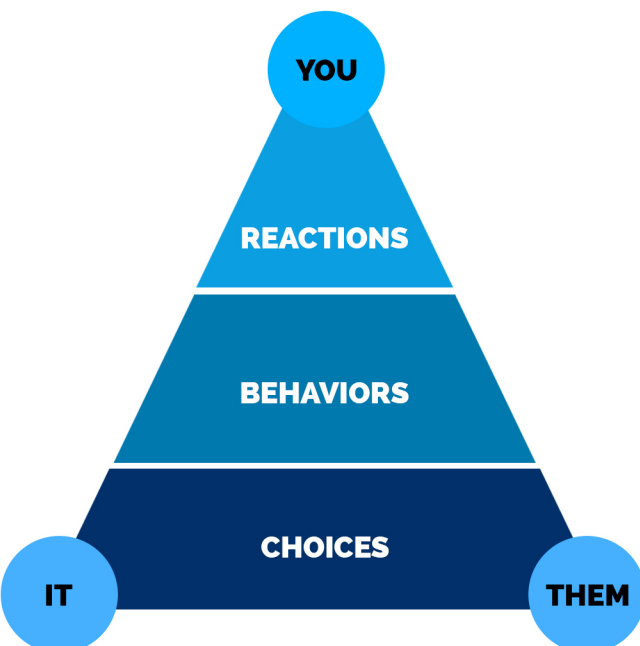
1. What is important to you? What are your values?
2. Why are these things important to you? What is your life philosophy?
3. What are two of your greatest opportunities right now to add value to the world?
4. Are there any challenges or obstacles that may make meeting this goal more difficult?

DEFINING RESILIENCE:

Resilience is the ability to:

- Adapt to change
- Stay focused and think clearly
- Deal with what comes along
- Not get discouraged in the face of failure
- Cope with stress
- Handle unpleasant feelings such as anger, pain or sadness

THE STRATEGY



POWER QUESTIONS:

APPLYING THE STRATEGY

YOU:

Identify your personal mental model:

- What are your expectations?
- What do you value most?

THEM:

- What do you know about your dream, goal, industry?
- What are you known for among your friends, teachers, etc?
- What assumptions do you make about the people that are around you?
- What assumptions do they make about you?

IT:

- What does it mean to respect your dreams?
- How will you hold yourself accountable?
- Where are your opportunities to influence change?