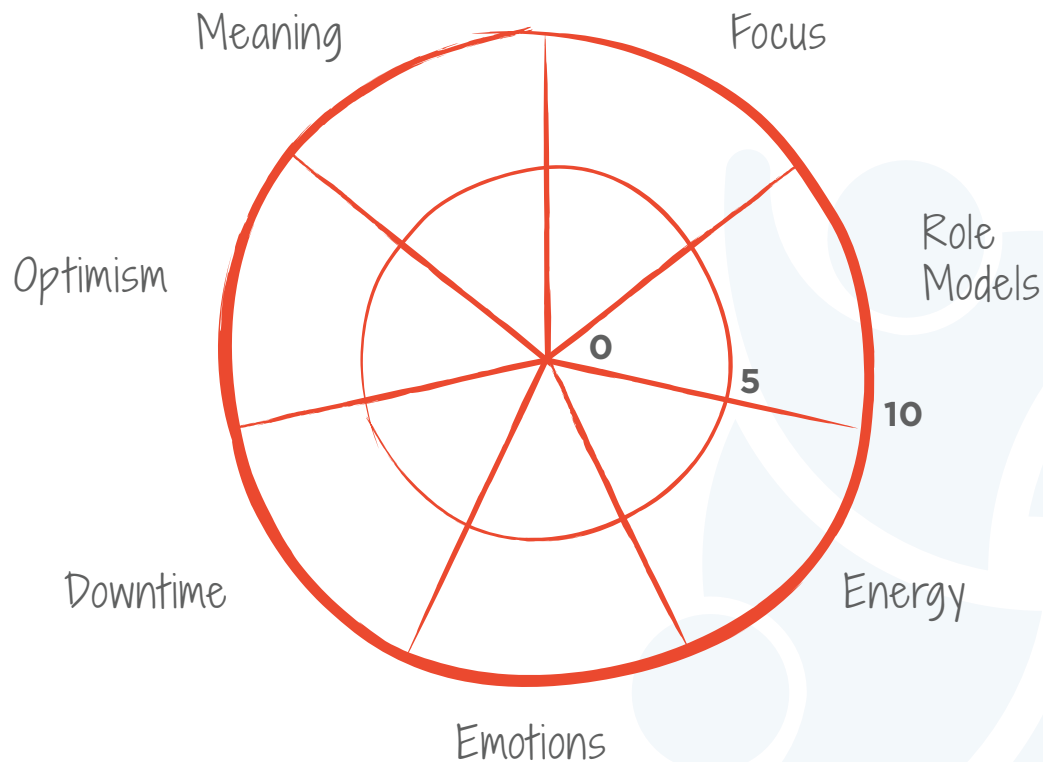
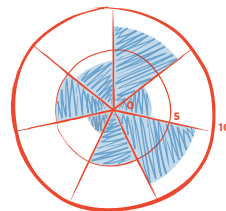


Wheel of Resilience (FREEDOM Model)



How to Complete the Wheel of Resilience

1. Score each sector out of 10 (high agreement with statement = 10)
2. Shade each sector to reflect your score (see smaller diagram)
3. Review - how "lumpy" is your wheel?
4. Get informed and take action in sectors you gave a lower score



Brief Definitions

Focus: I actively manage my workload demands. I direct my full attention to the one thing, within my control, that will move me forward fastest and helps avoid overwhelm.

Role Models: I have role models and a high-quality network of people who inspire me to be my best. My actions and behaviours reflect my deeply-held values. I am a resilient leader who inspires others.

Energy: I actively create, conserve and direct my energy. I am usually healthy. My energy levels allow me to deliver maximum value and influence others.

Emotions: I have good emotional self-control. I have learned to let go of hurt and lean in to vulnerability. I can surf the emotional change curve like a pro.

Downtime: I regularly experience joy. I can calm my mind, rest and play. I do something each week that feels true to my spirit. I create and enjoy magic moments in life.

Optimism: I believe that 'whatever happens, I will be all right'. I take steps to build confidence in my resourcefulness, bite off what I can chew, and make choices about how I want my life to be.

Meaning: I know why I do what I do and that enables me to dig deep in times of hardship or adversity. I ensure my self-talk is mostly positive. I learn from failure, and seek to have an impact beyond myself.

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