

Additional Resources:

- Youtube Video: <https://youtu.be/ytUQmFvNqI0>
- Blog Post: <https://audaciousinnerworks.com/understanding-your-resilience-strength-vs-liability/>

4R's Exercise to Knowing Your Resilience DNA

This **4R's** exercise can help you become better acquainted with your own resilience. For additional support, watch the YouTube video or read the blog post.

Resilience is a character strength and an external resource of grit and ingenuity that enables us to bounce back after a setback. When applied optimally, it can be a powerful tool for overcoming hardships.



RECALL.

As vividly as possible, recall a situation(s) when you experienced a setback and didn't immediately know how you'd get through or overcome it.



RECONNECT.

Reconnect to the thoughts you told yourself and the emotions you felt.

- *What kinds of things did you say aloud or think silently?*
- *What emotions did the thoughts create?*

This profile will provide a window into your default mindset and emotional response during a crisis or hardship.



RECONSTRUCT.

At some point during the setback, something shifted that enabled you to fight back. Try to reconstruct what led to the shift. This is your **leverage point**.

- *Who or what inspired the change in thought and action?*
- *What beliefs, values, or innovations (e.g., making something from nothing) moved you forward?*



REFLECT.

- *What factors contributed to your resilience?*

Formulate as many statements as you can about the **source** of your resilience, its **optimal use**, and what it has **taught you** about yourself.

Allow this newfound (or reinforced) perspective to inspire greater self-confidence and self-knowledge about your own agency to fight back—and prevail!