

# Shift Happens

## Developing Resilience & Adaptability During Chaos

Today's date:

Rate your current resilience 1-5 (1: not resilient at all ---> 5 extremely resilient)

1 2 3 4 5

From the list below, identify the things you can change and the things you cannot change. Circle the ones you CAN control.

- The news / global happenings
- Quarantine rules
- Your attitude
- How you choose to spend your time
- Working remotely
- Being furloughed or let go
- Loss of sales
- My free time
- Schools closed; children at home
- My communication style
- How I prepare myself for the day
- What I read, what I watch
- Travel restrictions
- Government mandates / restrictions
- My actions (responses) to what's going on
- Feeding my brain
- Reaching out for support
- Corporate priority changes
- How I take care of my team
- How I view the world around me.
- How much exercise / rest I get
- The weather

What are the 'rules' you (or society/ your industry) have given you?

Are these 'rules' serving your ability to be resilient? Yes No

How could you edit the way you choose to think about this so that you are more open and wired toward problem-solving and possibilities?

Brainstorm your thoughts below.



Copyright 2020 Leila Ansart /Dennis Hodges

**Resilience**

# Shift Happens

## Developing Resilience & Adaptability During Chaos

How are you feeling? Circle any of the emotions you've been dealing with over the last several weeks.

- Overwhelmed
- Tired
- Anxious
- Sad
- Unfocused
- Stressed
- Relief
- Other \_\_\_\_\_
- Rushed
- Empty
- Lost
- Unmotivated
- Calm
- Rested
- Joyful
- \_\_\_\_\_
- Hopeful
- Happy
- Focused
- Motivated
- Centered
- Excited
- \_\_\_\_\_

What are 3 challenges/situations you have right now?

What are your priorities / initiatives (organizational /personal)

What does the current situation make possible for you, in regards to your priorities?

How could you reframe the above challenges?



Copyright 2020 Leila Ansart /Dennis Hodges

**Adaptability**

# Shift Happens

## Developing Resilience & Adaptability During Chaos

What could you do in 15 minutes a day? Brainstorm here:

List three micro-commitments that align with your priorities and what is possible right now. Add targeted completion dates.

### Team (or organizational) micro-commitments:

### Targeted Completion

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

### Personal micro-commitments:

### Targeted Completion

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

What one thing (or more) that we covered today do you see yourself applying to your current challenges?



# How To Connect With Us

For inquiries on virtual classes or in person speaking/workshops, contact us at [ShiftHappens.AdaptNow@gmail.com](mailto:ShiftHappens.AdaptNow@gmail.com).

## Dennis Hodges



Dennis Hodges is the founder/CEO of Creatalist, a global strategy boutique, that teaches executives, educators, students and entrepreneurs how to unlock creative problem solving and drive innovation in their organizations and personal lives.

Serving as a creative catalyst (or creatalist), he shares valuable strategies for reclaiming our innate gifts and turning ideas into action. It's about challenging the status quo and getting a little outside your comfort zone in order to move forward.

He is the author of "11 ½ Ways to Ignite Your Creativity" (Spartan Press, 2018), creates the video series "Creative Nibble", and is an award-winning photographer.

[dennis@DennisHodgesSpeaks.com](mailto:dennis@DennisHodgesSpeaks.com)  
[www.DennisHodgesSpeaks.com](http://www.DennisHodgesSpeaks.com)  
[www.Linkedin.com/in/dennisrhodges](http://www.Linkedin.com/in/dennisrhodges)

## Leila Ansart



Leila Ansart is a Certified Executive Coach and an Inspirational Keynote Speaker. She's on a mission to help thousands take action on their goals with unshakeable confidence, innovating and adapting through uncertainty.

Leila has worked with leaders and professionals in various industries to help them develop disruptive thinking, grow self-awareness and gain greater resilience, even through challenging times.

Through speaking, teaching and 1-1 conversations, Leila helps individuals to increase their competitive edge in every phase of change and life.

[leila@LeilaAnsart.com](mailto:leila@LeilaAnsart.com)  
[www.LeilaAnsart.com](http://www.LeilaAnsart.com)  
[www.Linkedin.com/in/leilaansart](http://www.Linkedin.com/in/leilaansart)