

# RESET *with* RESILIENCE

A GUIDE TO GREATNESS WHEN YOUR GOALS GO SIDEWAYS

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1. Activity - Past Behaviour
2. Activity - Goal Setting
3. Activity - Goal Execution
4. Activity - Accountability Partners
5. Activity - Progress Assessment

***Reset with Resilience: A Guide to Greatness When Your Goals Go Sideways***, is a testament to the transformative power of mental resilience - particularly in the context of goal setting. The coaching-style questions below are designed to help you gain clarity, establish direction, and build momentum when plans go off course. Use them as a practical resource to reflect, reset, and reignite your path forward.

## 1. Activity - Past Behaviour

How have I dealt with unexpected setbacks in my life?	
What bad habits have been standing between me and my goals in the past?	
Am I ready to challenge this behaviour? Why now?	
What distractions and excuses take me off course?	

What are the alternative thoughts or actions that I will do instead?	
What has been keeping me comfortable?	

## 2. Activity - Goal Setting

Why do I want change?	
What change do I want?	
What is my goal for this change?	
What does achieving my goal look like?	
What does achieving my goals feel like?	

What motivates me to achieve this goal?	
What or who am I dedicating this goal to?	
What are the rewards, for me and others, when I achieve this goal?	

### 3. Activity - Goal Execution

How will I finish my goal?	
How will I start?	
I will accomplish this goal by...	

I will take these steps to make this happen...	
I will measure my progress by...	
I will stay positive by...	

#### 4. Activity - Accountability Partners

Who do I feel comfortable sharing my failures with?	
How and when will I reach out to my personal support crew members?	
How frequently will I check in with them?	
What non-negotiables will I ask them to hold me accountable to?	

## 5. Activity - Progress Assessment

How close am I to achieving my goal? If there have been setbacks, what are my wins, and where could I have done better?	
How might I celebrate everything I have achieved toward my goal already?	
Do I still want to achieve my goal? Are there adjustments to be made going forward?	
What is my next move? How will I conquer it?	