



Day Six: Resilience

Time Allowed

60 Minutes

Teaching Format

Troop presentation

Learning Objectives

As a result of this session, participants will be able to do the following:

1. Define resilience.
2. Recognize that resilience is critical to individual success.
3. Understand the attributes of grit and growth mindset.
4. Understand grit and growth mindsets can be improved and developed over time.
5. Recognize the “why,” “how,” and “what” of their visions.

Materials Needed

- Visual aid(s) developed by the presenter
- Video clips available on the National NYLT Google Drive
- Computer
- LCD projector and screen
- Appropriate sound system for presentation venue
- Flipchart/whiteboard and markers
- Handout: Grit Quiz
- One glass half filled with water (can be plastic but must be fully transparent)

Recommended Presenter

NYLT staff member

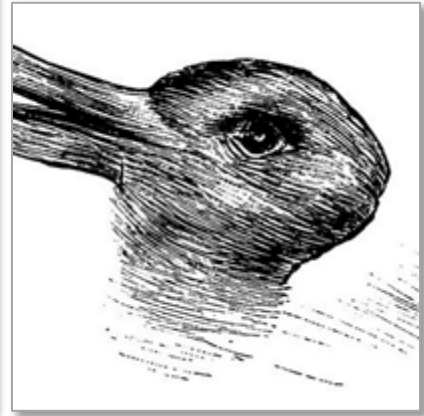
Recommended Location

Troop assembly area

PRESENTATION OUTLINE

Opening Activities (10 min)

Activity 1: Begin the session by showing one of the optical illusions below. Ask the participants what they see. Make the point that sometimes people see different things when looking at the same object.



Activity 2: Have an actual glass either half full or half empty of water (can be a photo/image) and something with which to record information (e.g., whiteboard or paper and markers).



Let participants know that we are conducting a poll.

Ask: Is the glass half full or is the glass half empty? All those who think the glass is half full, please raise your hand. Count and record the number. All those who think the glass is half empty, please raise your hand. Count and record the number.

Leave the results in view of the troop, as we will use the results later in the session.

What Is Resilience and Why Is It Important? (10 min)

Note: Guide participants to locate the Participant Notes sheet for this session in the Participant Notebook. Encourage them to be taking note of key words, key points, and their top three takeaways from the session.



What is Resilience?

Ask: Who can tell me what resilience is? Entertain answers from participants.

Resilience is defined as, “The inner capability to call on internal strengths to engage with others and look for external resources to successfully transform stressful situations or adversity into opportunities to learn and thrive.”

Another way to think about it is that anytime you get knocked down, you get up again, and nothing is going to keep you down. In simple terms, that’s what resilience is.

Why is Resilience Important?

During this course, remember some of the things you have learned:

- A vision is a picture of what future success looks like.
- If you can see it, you can be it.
- Setting goals and planning how to get there
- Leading yourself, communicating, and leading others using servant leadership

Sometimes life has ways of putting roadblocks in our way.

Resilience is how you get to your vision when you experience failure or something goes wrong.

This has probably happened to everyone here. The presenter should provide a personal example of a setback they have had and what they did to recover from it.



Have each participant identify an example of a time when they were “knocked down”—when they had to deal with a disappointment or an unexpected obstacle—and how they managed to overcome it. Ask them to write down an example in the Participant Notebook.

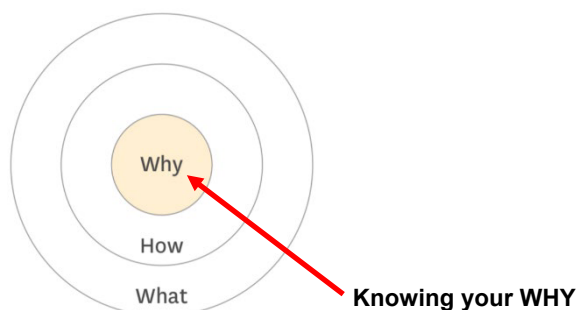
Give them a few minutes to complete this, and then ask that each patrol member share their example with the patrol. (**Note:** If patrols are relatively close to each other, provide the option to space themselves apart.) Once the patrols reassemble, consider asking if anyone is willing to share their example with the troop.

Remind participants that everyone will fail at something. Resilience is when we get back up, treat the failure as a learning experience, and don’t repeat whatever it was that caused us or our team to fail or stumble.

Resilience is the key to success because it enables us to get to our vision by dealing with setbacks and finding alternatives to achieve our goals.

Unpacking Your Vision of Future Success (10 min)

Let's dig a little deeper into your vision of future success. Take a look at this image:



The “Why” is our vision—the picture of future success. The presenter should discuss one of their personal visions as an example.

The “How” is the setting of SMART goals and planning that has been discussed as part of this course. The presenter should share the “how” related to their vision.

The “What” is the motivation that it will take to complete your vision. The presenter should give their reasons for wanting to achieve the vision. This could be something on a deeper level that will show how you will keep on the right path even when challenges arise.

Let's talk about the importance of BIG whys.

Here's an example of a weak Why:

- **What:** My vision is to have dinner.
- **How:** Buy McDonald's.
- **Why:** It's dinner time, and I'm feeling hungry.

Is this a powerful Why? What happens if you don't get dinner?

Here's an example of a big Why:

- **What:** My vision is to become a medical doctor.
- **How:** Be a good student; get into college and medical school; study hard; do well in residencies.
- **Why:** To save people's lives

Getting to Your Why: Ask Why 5 Times

As you prepare to finish your NYLT course, what is your vision of future success? One of the key parts of resilience is knowing the Why of your vision, and often, getting to this means digging deep.

One way to do this is to look at your What and then ask Why five times. (Remind participants that they may recall using The 5 Why process in the Solving Problems session on Day Three.) Let's use the big Why example from earlier.



What: My vision is to become a medical doctor.

1. **Why:** To make a difference
2. **Why:** To save people's lives
3. **Why:** To help more families grow old together
4. **Why:** So people don't have to feel the pain of loss
5. **Why:** Because I lost a close relative and knew there wasn't anything I could do to help her

That is a big Why, and you will notice it is something that is deeply personal.

Perseverance is the Key to Achieving Your Vision

Read the following story to demonstrate the power of perseverance. There was once a man who was a perennial loser. Here's what happened to him at various ages in his life. At the age of:

- 22—he failed in business
- 23—he ran for legislature and was defeated
- 24—he again failed in business
- 25—he was elected to legislature
- 26—his sweetheart died
- 27—he had a nervous breakdown
- 29—he was defeated for Speaker
- 34—he was defeated for Congress
- 37—he was elected to Congress
- 39—he was defeated for Congress
- 46—he was defeated for the Senate
- 47—he was defeated for Vice President
- 49—he was defeated for the Senate
- 51—he was elected President of the United States of America

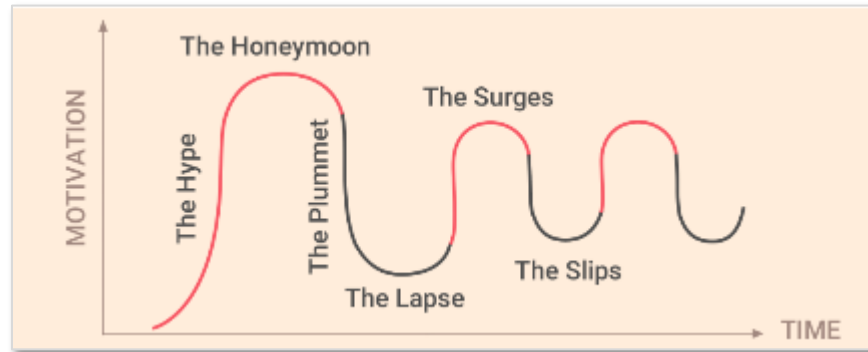
That man was Abraham Lincoln

Lead a discussion:

- Why do you think he kept pushing forward even after so many failures?
- When do you think you would have given up?
- Why is your Why so important to your success?

Motivation Highs and Lows – The Motivation Curve (10 min)

Display “The Motivation Curve” graphic, and let participants know that there will be ups and downs in their motivation as they work to achieve their vision. Let’s take a look at the different stages:



The Hype

- Your personal Forming stage. You are surrounded by others doing the same thing, and it's exciting and the future looks so bright. You have learned so much great information at NYLT, and you are ready to conquer the world.

The Honeymoon

- You get home from NYLT, and everything is great. At least for a couple of weeks. As you try out your new bag of tools and begin to move forward, you start to realize that achieving your vision is not going to be anywhere near as easy as you expected.

The Plummet

- Extreme doubt in yourself. You have tried using the new things you have learned at NYLT. Some worked, and some didn't. You think, "It must be my fault, and I might actually fail."

The Lapse

- How is this worth it? This is where your personal Why steps in. When your Why matters to you, it helps you get back up and work on things.

The Surges

- You took a deep breath, asked questions, got guidance, and stepped forward again.

The Slips

- It's a mini plummet or lapse. Your Why is important here. These can be small or can be large, but *your Why is the key to your future success.*

Debrief by stressing that the important thing to understand is that on the road to achieving your vision you will experience successive surges and slips. It happens to everyone.



Failures, setbacks, and mistakes should not define who we are. They can and should help make us better people going forward.

So, now that we know what is going to happen, how do we learn to do this? It's all about grit and growth mindset, which are things you control and can learn to be good at with practice.

Unpacking Perseverance: Grit and Growth Mindset (15 min)

Show "6_04_Resilience_Video Clip 1" on grit (found in the National NYLT Google Drive or at <https://www.youtube.com/watch?v=H14bBuluwB8>).

Ask participants to share what they observed in that video clip. The key takeaway is that grit is a learned skill.

Have participants complete the Grit Quiz that is in the Participant Notebook (and shown on the last page of this lesson plan). Give them several minutes to complete it, and then display the scoring system:

Questions 2, 4, 7, and 8—Assign the following points:

- 5 = Very much like me
- 4 = Mostly like me
- 3 = Somewhat like me
- 2 = Not much like me
- 1 = Not like me at all

Questions 1, 3, 5 and 6—Assign the following points:

- 1 = Very much like me
- 2 = Mostly like me
- 3 = Somewhat like me
- 4 = Not much like me
- 5 = Not like me at all

Add up all the points, and divide by 8. The maximum score on this scale is 5 (extremely gritty), and the lowest score on this scale is 1 (not at all gritty). Discuss what the scores mean, BUT don't ask anyone what their score is. The important thing is that you can learn to be grittier.

Let's look at how growth mindset helps people and teams overcome setbacks and obstacles and allows you to become gritter. People with a growth mindset tend to:

- Embrace any challenge
- Never give up
- Practice self-compassion
- See effort as a journey
- Learn from all criticism
- Be inspired by others' success
- Help and nurture others
- Believe in possibilities

Let's get back to the glass example.



Start by reviewing the participant poll results that were recorded earlier. Share that seeing the glass as half full equals growth mindset. Remember that everybody sees the same thing, but you get to choose how you see it.

Summary (5 min)

Share the following quote: *“A goal without action is just words. A plan without action is just a thought. A vision without action is just a dream.”*

Ask how the quote relates to what we have just learned? Ask if anyone will be different moving forward?

The critical and central idea here is movement by the word “action”. When we have been knocked down, the critical next step is movement or action. It's what will keep your goal, plan, dream alive. This is where grit and growth mindset are critical elements in being resilient.

We are each on our own leadership journey. It is a journey that will never end, and no matter where you are, you can learn the skill of resilience. Resilience leads to perseverance. Perseverance is one of the keys to long-term success. Remember that what matters most is how you see yourself.

Remind participants to take a moment to ensure they have noted their top three takeaways in their Participant Notes for this session.



Grit Quiz

Please respond to the following eight items by circling the most applicable response to each statement. Be honest—there are no right or wrong answers!

1. New ideas and projects sometimes distract me from previous ones.

Very much like me / Mostly like me / Somewhat like me / Not much like me / Not like me at all

2. Setbacks don't discourage me.

Very much like me / Mostly like me / Somewhat like me / Not much like me / Not like me at all

3. I often get obsessed with a certain idea for a short time but later lose interest.

Very much like me / Mostly like me / Somewhat like me / Not much like me / Not like me at all

4. I am a hard worker.

Very much like me / Mostly like me / Somewhat like me / Not much like me / Not like me at all

5. I often set a goal but later choose to pursue a different one.

Very much like me / Mostly like me / Somewhat like me / Not much like me / Not like me at all

6. I have difficulty staying focused on things that take more than a few months to complete.

Very much like me / Mostly like me / Somewhat like me / Not much like me / Not like me at all

7. I finish whatever I begin.

Very much like me / Mostly like me / Somewhat like me / Not much like me / Not like me at all

8. I am diligent.

Very much like me / Mostly like me / Somewhat like me / Not much like me / Not like me at all