



RESILIENCE

& MENTAL TOUGHNESS

8 STEPS TO "LIFE-PROOF"
YOUR GOALS

WILCOX WELLNESS & FITNESS



RESILIENCE

Resilience is the capacity to withstand or to recover quickly from difficulties.

Over the past few years, we've all felt how important it is to be able to bounce back from challenging situations.

How great would it be to be able to tackle problems head-on and come out of it feeling stronger than ever?

Think of resilience as being like a rubber band. It can stretch and bend but always returns to its original shape.

When you are resilient, you can navigate tough situations more easily – and return to being happy and healthy even faster.



There are things you can do starting TODAY to help improve your own resilience.

Why talk about resilience when we're a personal training business?

Because beyond training sessions, healthy nutrition habits, and mindset, resilience is the true MVP when it comes to transformation.

As counterintuitive as it may seem, we need to plan to fail.

In this guide, we'll outline eight simple actions with the biggest payoffs.

Then, we'll guide you through a 7-Day Resilience Checklist to help you practice those actions, and discover which ones work best for you.

At Wilcox Wellness & Fitness, we help busy professionals just like you commit to health and fitness once and for all without having to spend their life in the gym or give up all the foods they love.

[Click here](#) to watch dozens of client success stories and learn how our simple framework can help you too.

Committed to your success,

Wilcox Wellness & Fitness

RESILIENCE

Is a Superpower

It's true: resilience helps you stay strong when you need it most.

But check this out: TRUE resilience has one characteristic that makes it even better than a superpower. **You don't have to be born with it. You can work to make it stronger.**

Resilience can help you:

- ✔ **Overcome obstacles**
- ✔ **Stay positive when things are difficult**
- ✔ **Come back strong after being knocked down**

The 4 core components that make up resilience also help you live a happier, healthier, more balanced life.



THE KEYS *to Resilience*

CONNECTION *Strong relationships and social connections*

WELLNESS *Practicing regular self-care to boost your physical health*

OPTIMISM *Taking steps to find a healthy outlook, perspective and focus*

MEANING *Finding a purpose and working toward goals that help in self-discovery*

8 STEPS TO ACHIEVE *Resilience*

REACH OUT

A strong social network can provide you with a sense of community that lifts you up when times are tough.

EAT A HEALTHY DIET

A healthy whole-foods-based diet fights stress in your body, gives you energy, and boosts your immune system and health.

PRACTICE GRATITUDE

Gratitude boosts optimism and fights negativity, helps you become more solution-oriented, and can promote healthier relationships.

EXERCISE

Regular exercise is strongly linked with increased resilience.



GO OUTSIDE

Taking time in nature boosts your self-efficacy, which is your belief that you can handle life's challenges.

SLEEP

Too little sleep can drain your energy, your mood, and your long-term physical and mental health.

BE MINDFUL

A regular mindfulness practice (yoga, breathing, meditation, prayer, journaling, etc.) can help you feel balanced when stress or problems arise.

SELF-DEVELOPMENT

Reading, watching, and listening to personal development info can give you new perspectives that build your resilience and help you feel empowered.

THE 7-DAY RESILIENCE Checklist

Every day, check off at least 4 of these resilience-boosting activities.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Get 7-8 hours of sleep							
Exercise at least 15 minutes							
Eat a healthy, whole foods diet							
Go outside for at least 15 minutes							
Write down 5 things you feel grateful for							
Read 10 pages of a self-development book							
Reach out to at least 1 person in your social network							
Spend 5-10 minutes in mindfulness: journal, pray, breathe, meditate							

**"LIFE DOESN'T GET EASIER OR MORE FORGIVING,
WE GET STRONGER AND MORE RESILIENT."**

Steve Maraboli

WE LOVE OUR AMAZING

Clients!



Bob LeBrasseur

"If you are looking to make your life healthier and easier, this is the place to do it. A strong core is essential to life and Wilcox Wellness & Fitness help achieve that. The trainers are awesome and make sure you are using the correct form. I recommend Wilcox Wellness & Fitness."

Judy Rollins

"I was nervous to start, it had been so long and I once again questioned my abilities so I decided to join the Kickstart program in February. The concentrated, extended session with all the trainers was just the kick in the butt I needed. I followed the meal plan guidelines for 30 days and made all the sessions. I lost 10 pounds, my mood improved, I felt energized again. I've just completed another month of 3 sessions a week, lost a few more pounds, feel great and can see my goals coming into sharper focus. I'm so thankful to be back and appreciate the positive attitudes and support of the entire Wilcox community."

