



THE
RESILIENT
MIND



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MIND



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The Resilient Mind Journal

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If found, please kindly return to:

Reward:

Dedicated

To you, the ones that never give up.
You continue to show up even in the face of life's ongoing challenges.
You are the reason this world is a better place.

***"It's not that it gets easier,
you just become stronger"***

To the reader

Welcome to your Resilient Mind journal, where you will discover the power of your mind and learn to take control of your thoughts, emotions, and behaviours.

Your mind is the most potent tool on the planet, capable of creating incredible experiences or turning your life into a living nightmare. Unfortunately, many people struggle to manage their mind, leading to a life filled with fear, shame, and guilt. But you don't have to be one of those people. By learning and applying the tools shared in this workbook, you can start gaining control of your mind, allowing you to feel and act your best.

The core principles of developing a Resilient Mind are critical to keep in mind. Firstly, understand that everything is a process, including happiness and sadness. By recognizing the habits and routines that influence your thoughts and emotions, you can consistently maintain a positive mindset.

Secondly, you'll have good days and bad days, but the Resilient Mind is about handling the tough times with grace and ease. These days are gifts, as they help to build your character and make you stronger.

Remember, everything is inherently neutral, and it's only our perception, interpretation, or definition that makes us feel a certain way about something. Your mind automatically interprets every event in your life, but by becoming aware of this process, you can take control and bring peace to your life, no matter how challenging the circumstances.

Lastly, you will always have a choice in how you interpret an event, emotion, or interaction. The Resilient Mind uses both negative and positive outcomes to your advantage, recognizing that within every situation, no matter how dire, there is always a silver lining.

With this journal, you can develop a Resilient Mind and learn to use your mind's power to your advantage. Get ready to take control of your thoughts, emotions, and behaviours and start living your best life!

From the Author
Simba Nyazika

***"We cannot change our circumstances
with the same thinking we used to create them"***

Albert Einstein

MAKE IT PART OF YOUR ROUTINE

"We are what we do, every day"

Start Your Day Right:

Kickstart your morning by waking up at least 30 minutes before you need to check your phone, emails, or get your kids ready. Treat yourself to a warm cup of coffee or tea and sit down with a pen and paper. Complete a daily page from this empowering workbook and jot down the one action you can take today to bring yourself closer to your goals.

Power Up Your Mind:

Throughout your day, feed your mind with inspiring podcasts, audiobooks, or any other form of uplifting information. Whether you're commuting, in the bathroom, or on a lunch break, take advantage of these moments to energize your mind. Remember, just as you nourish your body with food, you must also nourish your mind.

Choose Your Words Wisely:

Become more conscious of the words you use, for they are merely a reflection of your thoughts. Even when joking, your words carry significant implications for your mental fortitude. Train yourself to avoid anything intentionally self-deprecating, disempowering, or self-critical. Your words can shape your reality, so make them count.

Gratitude is the Attitude:

Practice gratitude daily. Take a moment to appreciate the little things in life, such as making it to work on time or enjoying a perfectly brewed cup of coffee. Practicing gratitude is about training your mind to focus on the positives in your life, even during difficult times. With practice, gratitude becomes a habit that uplifts your spirit and strengthens your mind.

End Your Day on a Positive Note:

Limit screen time at least 30 minutes before bedtime to ensure you get a good night's sleep. Reflect on the day, including the good, the bad, and the ugly. Listen to a calming or inspirational audio before bed to help you unwind and set positive intentions for the next day.

Incorporate these simple but powerful steps into your daily routine, and watch as your mind and spirit soar to new heights.

GUIDE TO THE RESILIENT MIND

To ensure that you can effectively measure your progress as you work through the valuable material in this workbook, it is essential that we establish a framework. We will be utilizing the groundbreaking research of Dr. David R. Hawkins and his Ultimate Map of Consciousness. Dr. Hawkins' exhaustive research and use of muscle testing over a span of two decades enabled him to identify a range of values, attitudes, and emotions that correspond to different levels of consciousness, which he compiled into the Map of Consciousness.

This logarithmic scale of 1 to 1,000 will serve as a valuable tool to track and measure your progress as you strive to develop a Resilient Mind and move up the emotional scale. For further insights into Dr. Hawkins' work, we recommend reading his books, "The Map of Consciousness Explained" and "Power vs. Force".

Learn More By Reading:

The Map of Consciousness Explained - Dr. David R. Hawkins
Power vs. Force - Dr. David R. Hawkins

Developed by David R. Hawkins

The Map of Consciousness is based on a logarithmic scale that spans from 0 to 1000.

Name of Level	Energetic "Frequency"	Associated Emotional State	View of Life
Enlightenment	700-1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

DEFINITIONS

Shame (Level 20):

Shame refers to the feeling of disappointment or worthlessness when one fails to live up to expectations that define their "core self." This emotion is more than just a feeling as it is also partially defined by our self-definition, which is dictated by how we see ourselves. Individuals who experience shame may become cruel to both themselves and others.

Guilt (Level 30):

Guilt is closely related to shame but with an important difference: whereas shame is feeling terrible about who you are, guilt is feeling terrible about what you did. It involves feelings of remorse, self-recrimination, and even masochism. Blame and victimhood are often used to manipulate and punish others. In the state of guilt, one sees themselves as a sinner and may be unable to forgive themselves for past actions and behaviour. Unconscious guilt can have serious consequences for the body in the form of diseases, accidents, and suicidal behaviour.

Apathy (Level 50):

Apathy is characterized by indifference, neglect, poverty, low energy, and hopelessness. This state is often observed in homeless people and isolated seniors. Victims of apathy have learned to feel helpless, which makes them needy in many aspects. The lack of resources and energy results in a passive lifestyle.

Grief (Level 75):

Grief is a higher level of consciousness than apathy because by feeling something, one is at least starting to escape the numbness. It is a state of loss and sadness that most people experience for a period of time. However, a prolonged stay at this level of consciousness can lead to depression, mourning, and remorse about the past.

DEFINITIONS

Fear (Level 100):

Every person experiences fundamental fears, such as the fear of death, rejection, loss of control, conformity, and more. Fear can often be the basis of many decisions and is used as a tool of oppression and control. At this level of consciousness, individuals see the world as a dangerous and threatening place, and fear can be contagious, leading to paranoia. The media can also play a role in instilling fear by spreading fearful thoughts. Pathologically, fear can manifest as anxiety disorders, phobias, PTSD, social withdrawal, and even substance addiction.

Desire (Level 125):

While desire is a common motivator in humans, it can also be associated with craving, addiction, and the feeling of never having enough. People desire more money, fame, power, prestige, and other things, often to the point where the desire becomes obsessive and insatiable. Desire is not the same as setting and achieving goals; it's more of an obsessive nature. It can cause suffering, leading to frustration, envy, and jealousy.

Anger (Level 150):

Desire can lead to frustration, which can then lead to anger. Anger can be constructive or destructive, as it can lead to social justice movements and the freedom of oppressed groups. However, people at this level of consciousness often live in resentment and are irritable and oversensitive. Anger can also result in rage, temper tantrums, and hatred, poisoning a person's life.

DEFINITIONS

Pride (Level 175):

At the level of pride, you start to feel good about yourself, but this feeling is deceiving. It comes from an inflated ego perspective, where you see yourself as better than others and look down on them. Dwelling in false self-esteem, you become fragile and can be easily knocked down to the level of shame. Pride is divisive and can create an "us versus them" mentality, leading to wars and suffering.

Courage (Level 200):

At the level of courage, you have the first taste of true power. You have the capacity to care for your personal and spiritual development and strive to grow and improve. Life becomes exciting and stimulating, and you view challenges as opportunities to overcome difficulties. You feel confident in your ability to handle negative emotions and setbacks in a healthy way. Courage is a gateway to higher levels of consciousness.

Neutrality (Level 250):

The level of neutrality is higher than that of courage. Here, you are relaxed, non-judgmental, and flexible. You are not attached to the outcome and don't get angry or frustrated when things don't go your way. Neutrality leads to greater freedom and a sense of well-being and safety. You experience inner confidence and feel capable of living in this world.

DEFINITIONS

Willingness (Level 310):

At the level of willingness, an individual is committed to participating in life and doing their best. This often leads to success in all areas of life as willingness attracts abundance. Those at this level are not deterred by starting at the bottom and are willing to work hard. Friendliness and sociability increase, and self-esteem rises.

Acceptance (Level 350):

At the level of acceptance, an individual takes full responsibility for their life, understanding that they are the source and creator of their experience. Reclaiming their power, they realize that happiness and love are created within themselves and not obtained from external sources. Acceptance is not passive; it is actively participating in life and making changes when necessary.

Reason (Level 400):

At the level of reason, emotionalism of lower levels is transcended. Intelligence and rationalism are characteristics of this level. One fully utilizes their intellectual and reasoning capabilities to make meaningful contributions to the world. Knowledge and education are highly valued, and rationality, comprehension, understanding, logic, and clear thinking are prioritized. This is the level of science and medicine, where individuals like Einstein and Freud reside.

DEFINITIONS

Love (Level 500):

Love, as a level of consciousness, transcends the mere emotion of romantic love. It is a state of being that is unconditional and connected to everything. It is the highest level of happiness and is expressed through compassion, forgiveness, nurturing, and support. In this level, one can understand the core of a problem without the need for reason and intellectualization.

Joy (Level 540):

Joy is experienced when love becomes increasingly unconditional. It is not just spontaneous pleasure but rather a constant state of being that is present in all activities. This level of consciousness is associated with saints, spiritual healers, and advanced spiritual teachers. Being in their presence elevates one's level of consciousness and creates a feeling of euphoria.

Peace (Level 600):

This level of consciousness is characterized by complete transcendence. It is also known as illumination, bliss, or God-consciousness. Words cannot fully describe the experience of this level of consciousness.

Enlightenment (Level 700+):

Enlightenment is the highest level of consciousness, where humanity blends with divinity. It is the level of the greatest avatars in history, such as Buddha, Jesus, and Krishna.

Developed by David R. Hawkins

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Source: The Ultimate Map of Conscious - DR. David Hawkins

TOOLS TO BUILD YOUR MIND

Physical Tools:

Tools that aid in maintaining good physical health are categorized as physical tools. Your body is an integral part of your subconscious mind, and taking care of your physical well-being translates to taking care of your mental health.

Mental Tools:

Tools that facilitate the development of a robust and resilient mindset fall under the category of mental tools. These tools center around transforming the way you perceive yourself and your thoughts.

Spiritual Tools:

Bob Proctor mentions that your emotions are your conscious awareness of the vibration you are emanating. Spiritual tools are designed to help you shift your emotional set point, enabling you to change your attitude towards any situation in life, be it from the standpoint of quantum mechanics or spirituality.

TOOLS

Physical Tools:

"We don't sing because we are happy, we are happy because we sing"

- Physical exercise
- Adequate sleep
- Drinking enough water
- Eating healthy, natural, organic foods
- Reducing unhealthy foods
- Reducing unhealthy substances (e.g., alcohol, drugs etc)
- Consistently doing the things you love (e.g., dancing, painting, skiing, travelling etc)

Mental Tools:

"You become what you think, most of the time" - Earl Nightingale

- Normalize your thoughts and feelings (We have all made mistakes or have had experiences we wish we did not have. You are not alone)
- If you feel shame or guilt, reflect on what your original intentions were. Did you mean for that to happen?
 - Next, what can you learn from the experience so you can do better next time?
 - If there is someone you trust and can confide in, talk to them about it.
- Shift your self-talk from "I am" to "I feel ..."
 - For example, from "I am a failure" to "I feel like a failure." It is much easier to change an emotion than to change your identity. So, try not to identify with the experience, but do acknowledge the emotion.
- Write things down - Take things out of your mind and put them on paper. It helps you remove the extra mental junk and allows you to gain a broader perspective on how best to deal with any challenge you may be facing.

TOOLS

- Mental Transmutation - this is a powerful tool for redefining your thoughts and emotions.
 - The basic idea is that all thoughts and emotions are just signals, like the warning lights on the dashboard of your motor vehicle. When your check engine light goes on, even though it may be disappointing, it is a good thing because it tells you to go get your car checked. This is the same with our thoughts and emotions, especially the negative ones. If you are feeling bad, be grateful that your internal signals are working. Now, you just need to figure out what is going on and take the necessary steps to address the issue.
 - The next step in mental transmutation is to realize that no matter how bad things are, things are going to be okay. What is happening right now is a good thing in the sense that it is developing your character, it'll make for a great story or teach you something amazing.
 - Mental transmutation is about dealing with every situation as an opportunity, no matter how dire. This may require some practice.
- Consistently, consistently, consistently listen to empowering, inspiring information. The strength of your mind depends on the quality of the information you feed it. Feed it junk, you get junk thoughts. Feed it good, healthy, positive information you get a strong, resilient and empowered mind. This is why you have access to the podcast, a list of the greatest resources and information to help you change the way you think.
- Related to the above point, reduce your social media use. There is more and more evidence to show that it is literally weakening your ability to focus.
- Spend time in nature and get some sunlight.
- Engage in activities you find mentally stimulating (e.g., yoga, volunteering, learning a new skill, cooking, building something etc).

TOOLS

- Become aware of your self-talk (how you talk to yourself) - Most people tend to be very critical and discouraging towards themselves. Identify how you want to start talking to yourself and make it a habit. Remember, your brain does not distinguish between something someone is saying to you and what you are saying to yourself.

Emotional/Spiritual Tools

- Meditate (the practice of become aware of your thoughts) - consistently find time to meditate throughout the day.
 - Sitting meditation - find a quiet, comfortable place and consciously and compassionately watch your thoughts.
 - Walking meditation - be in nature and be aware of your environment.
 - Activity meditation - any activity that puts you in the zone as named by the psychologist, Mihály Csíkszentmihályi
- Practice daily gratitude.
 - Scheduled - write down in a journal what you are grateful for
 - Throughout the day - be grateful for each activity (for example, every time you pay for something, be grateful that you have the money to do so).
- Self-forgiveness - We often criticize ourselves for past mistakes, thinking we deserve to feel bad. But remember, we're all human and we all make mistakes. It's part of life. To develop resilience, we need to be okay with everything in our lives. Feeling guilt or shame means fighting battles internally against ourselves and externally against life's challenges.
- Practice self-acceptance and self-love - As we transition into adulthood, we often relinquish our child-like curiosity when it comes to learning and embracing mistakes. We develop an expectation of knowing everything and grow apprehensive about making errors. It's essential to rediscover the ability to accept ourselves in the present moment, just as we are. While there may be areas for improvement, it's crucial to grant ourselves the space to be okay with all aspects of ourselves—the good, the bad, and even the less flattering.

THE RESILIENT MIND WORKBOOK

Quick Guide

OWN THE DAY

DATE: Dec 27

S M T W T F S

1

MY PURPOSE IS:
To help the people I interact with feel loved.

2

MY INTENTION IS:
To look for all the positive things in my day

2

I'M GRATEFUL FOR:
ffor the roof over my head and my bed

7

MINI JOURNAL

Today I feel a bit off but I know things are working out for me. My life is working and everyday i will do something to improve my life

things are working out for my

things are getting better and better for me

3

TOP 3 TASKS TO COMPLETE:
Submit resume

4

PHYSICAL TOOL:
Go for a walk

5

MENTAL TOOL:
Listen to Bob Proctor

6

SPIRITUAL TOOL:
Meditate

5

TODAY'S SELF-TALK PHRASE:
I am so happy and grateful that I love myself

6

TOMORROW I LOOK FORWARD TO:
Lunch with my friend

1

Intention: To help you take conscious control of your day.

2

Gratitude:

To teach your mind that no matter how challenging things are, there is always something to be grateful for.

3

Tasks:

Identify your most important tasks for the day. Usually, these will be the most uncomfortable.

4

Tools:

Write down the tools you will use today from the list shared earlier in the workbook. Remember that developing A Resilient Mind is a process.

5

Self-Talk Phrase:

How we talk to ourselves impacts how we feel about ourselves. Change your self-talk by having a key phrase to focus on that day. Repeat this phrase as consistently as you can throughout the day.

6

Tomorrow I look forward to:

This section is about being intentional regarding how you want your day to look like. Ideally, you should fill this out before going to bed.

7

Journal Section:

Write down ideas, notes, and realizations in this section. If you heard something that stuck with you, write it in this area.

Complete each page daily

To your success!

BUILDING A STRONGER MIND

DATE: _____ S M T W T F S

MY INTENTION IS:

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I'M GRATEFUL FOR:

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MINI JOURNAL

TOP 3 TASKS TO COMPLETE:

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PHYSICAL TOOL:

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"The Hero Is YOU"

DAVID GOGGINS

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