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MAKING ROCK BOTTOM WORK FOR YOU

*It's a Mindset...*

By Derek H. Suite, M.D.



You must bear losses like a soldier, the voice told me, bravely and without complaint, and just when the day seems lost, grab your shield for another stand, another thrust forward. That is the juncture that separates heroes from the merely strong.

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Resilience is a mindset. An attitude. A decision to not give in, or back down from the challenge that is in front of us.

Resilience is also about "heart." The heart to fight for what we deeply believe in especially when we have been dealt a crushing blow or disappointing setback.

Ultimately, resilience is gritty and rugged enough to grind forward with even more determination when behind the eight ball. That's what we saw in the men and women who courageously fight --and have given their lives--for us.

Ever wonder what it takes to be a fighter --to be truly resilient?

The answer is not pretty. It involves facing opposition and adapting to stress. Resilience is about accepting and somehow recovering well from defeats, despair, and discouraging circumstances.



The resilient know that you have to fight a battle more than once to win it. With this mindset, they are able to come out swinging every time. They also live by the words of J.K. Rowling, "Rock bottom became the solid foundation on which I built my life."

How's that for "turning lemons into lemonade"--yet another trait of the ruggedly resilient.

They know how to practice acceptance--not as a passive resignation but as a way of understanding the reality before them as they have the courage to move forward.

When faced with the reality of the inevitable science of gravity as a force that pulls everything down, for example, the resilient don't deny its power or existence, they don't lament it--instead, they accept it and then figure out how to fly in spite of it.

Earning our resiliency wings takes lots of practice and mental conditioning. How do you condition the mind? Having a mantra or "go to" phrase that you tell yourself can help the mind perceive challenges as opportunities to grow. Having a spiritual focus can help give meaning and instill gratitude when coping with great difficulties.

Not sure what to say to yourself or how to condition the mind. Here are a few quotes that you can use as part of your resilience self-coaching toolkit:

“

*Moments like these force us to try harder, dig deeper discover our hidden gifts find the greatness within.*

*Win or Learn*

”

“

It is not the mountain we conquer  
but ourselves

*Win or Learn*

”

“

What you want won't always come  
easy. But if you work hard & don't give  
up you will get there

*Win or Learn*

”

“

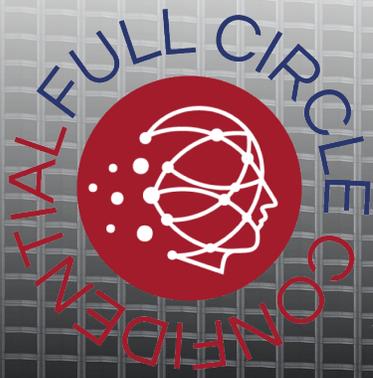
Sometimes you have to look in the mirror. Dig deep & discover the hidden grain of steel called Iron will.

”

*It's pretty amazing how much the human mind likes to absorb these positive words and readily incorporate them with repetition. (Self-talk is an actual mental resilience skill that is underestimated).*

*If you think you would like some assistance with strengthening your resilience self-talk and skills, why not visit us at [fccwellness.org](http://fccwellness.org) and get in touch with one of our coaches today. Also, you can check out our videos and podcasts on LinkedIn IG @fccwellness.*

*Until next time, onward and upward!*



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*Now is the time*

“

Procrastination is the bad habit of putting off until the day after tomorrow what should have been done the day before yesterday."

*Napoleon Hill*

Maybe it's going to the dentist, or having a tough conversation, or studying the playbook. Whatever it is, we just keep finding reasons to put it off. In so doing, we ignore the old saying, "Do it now because sometimes becomes never."

Procrastination is quite common. Some experts say up to 95 % of people procrastinate. It's a habit that can be quite challenging to break.

Ironically, you could be procrastinating by reading this article about procrastinating--which makes the whole "procrastination thing" so crazy!

Why do so many people procrastinate? Here are just a few reasons:

- Unclear goals
- Rewards that are too far in the future.
- Feeling overwhelmed or anxious.
- Perfectionism
- Fear of evaluation or negative feedback.
- Fear of failure or losing control.
- ADHD or Depression.
- Lack of motivation or energy.
- Thrill-seeking.



# Basically, there are 3 basic types of procrastinators:



## **Thriller Types:**

These are usually arousal-driven, thrill-seekers, who wait to the last minute for the euphoric rush.



## **Action Avoiders:**

These individuals may avoid taking action for fear of failure, or even fear of success, and are very concerned with what others think of them; they would rather have others think they lack effort than ability.

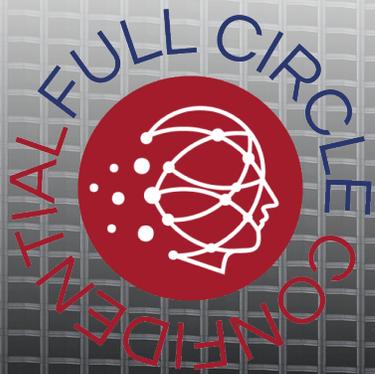


**Decision Deliberators:** These folks just cannot make a decision. Not making a decision absolves them of responsibility for the outcome of events.

Overcoming procrastination can be challenging, but it doesn't always have to be. A good place to start is to figure out which type of procrastination strategy you might be drawn to, and work with a coach or an accountability partner to address it.

A really interesting strategy is to try author, David Allen's 2-minute rule, which is designed to help stop procrastinating and introduce good habits at the same time. The 2-minute rule is to break down tasks into simpler, more immediate (and tinier) ones and get them done bit by bit.

Need some additional assistance with understanding and overcoming procrastination? Contact an FCC Wellness Coach now @ [fccwellness.org](http://fccwellness.org) and we would be happy to figure out a plan with you. Until next time, be safe and be proactive about everything you have to do.



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USE THE R.I.S.E U.P. METHOD TO GET PEAK PERFORMANCE

# Sleep

Sleep is a secret weapon to nailing your performance goals and being at your best especially when it matters most.

Getting quality sleep is one of the most important skills to master because it is completely under your control and well-- it's something you can literally do in your sleep (pun intended).

Sleep is the one activity that simultaneously revitalizes your physical and mental skills, including your memory and creativity.



The trouble is few performers get adequate, restorative sleep, because they have poor sleep habits.

If that is not you, then let's fix it asap.

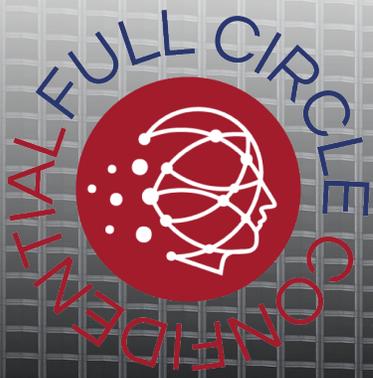
Here is an effective sleep improvement technique elite performers often use to attain peak performance. It is called the R.I.S.E. U.P. method:

**R**esist the urge to hit the snooze button once it's time to get up -- *put the alarm/phone far away from the bed!*

**I**ncrease your activity in the first hour once you wake up -- *get moving asap!*

- **S**hower with cool water; or wash your face immediately upon waking -- *feel the rush!*
- **E**xpose your eyes to sunlight asap -- *open the shades!*
- **U**pbeat music -- *you know you can dance!*
- **P**hone a buddy -- *wake 'em up too!*

If you would like to learn other techniques and get more tools to improve your sleep; if you would like to design a personal sleep plan; or, if you think you need a sleep evaluation, contact us at [fccwellness.org](http://fccwellness.org) and one of our coaches will happily help you optimize your sleep and partner with you to achieve peak performance.



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**CHARACTER DRIVES PERFORMANCE: HERE ARE**

*7 Keys To Empower Yours*

**Character** is like a compass that *guides your decisions and responses* as you navigate the circumstances, challenges, and scenarios that you encounter.

Character is also tied into why we, as human beings, do the things we do (our decisions); and why we do things the way we do (our responses).

Because our decisions and responses often determine the outcomes we get, it stands to reason that character plays an important role in the achieving performance success --and sustaining it.

That's why it is critical to keep working on building high character and refining our personal characteristics as well as our performance-based characteristics. Here are 7 ways to get the ball rolling on strengthening your character:



## 1 ALWAYS WORK HARD

There are no **shortcuts**. If you're working on finding the easy way, you will cheat yourself, cheat the game and ultimately cheat your destiny. Don't spend too much time learning the 'tricks' of the trade, because you might not learn the trade. Make the decision to **never be out-worked**.



## 2 BE HUMBLE & OPEN-MINDED

No matter how good you think you are, **don't become arrogant**, because it can create **blind spots** that can set you up to get blindsided—or eventually come back to hurt and haunt you. **Listen more, speak less**. Recognize that you don't have all the answers. **Be open to new ways**. Humility is the beginning of wisdom. How do you personally show and practice wisdom?



## 3 LIVE BY A CODE OF VALUES

Conduct an inventory on your personal values. What do you believe and stand for? Living by your personal values—and understanding your organization's core values-- will make good decision-making easier and your character stronger and steadier. With your personal code in your mind, **you will evaluate each action you take against your personal values and your team's core values.** Those who are value-driven tend to make smarter decisions.



## 4 USE THE POWER OF INTENTION

Be intentional about the kind of person and player, you want to be. Once you **have a clear intention in mind**, set goals that are specific, measurable, achievable, and time-sensitive. Make sure that your thoughts and actions are aligned in the direction of your intention. Evaluate **if what you are doing is in line with your highest intentions.** Remind yourself of your intentions daily. Work with a Full Circle mental performance coach who can keep you motivated and on track with your highest intentions.



## 5 PRACTICE SELF-DISCIPLINE

DWYSYWD: Backwards or forwards, it means the same thing... **Do What You Say You Will Do.** (That's character the kind of character and reputation you want in a nutshell). Self-discipline involves practicing self-control, making sacrifices, and doing what is right over what is easy. Be sure to work with a seasoned veteran/mentor, or peak performance coach if you need an accountability partner.



## 6 STAY ACCOUNTABLE

Be responsible for (and accountable to) yourself first. Then surround yourself with people who have high expectations and who will push you in the direction of high character.

Don't be un-coachable. Lose the pride. **Open yourself up to accountability** so that you can go to your next level and **access the greatness that lies within you**. If you need someone to hold you accountable, work with a Full Circle peak performance coach to build your character and get the results you need.



## 7 BE POSITIVE & ENTHUSIASTIC

A **positive attitude is** power. It not only affects your mindset but the mindset of all who come into contact with you. It's a kind of mental toughness to stay resilient and upbeat no matter what comes your way. **Enthusiasm** is even **more powerful and more contagious** than just being positive. It's pure energy that can light up a locker room or an arena. Instead of being passive, **bring passion and excitement to every situation** and interaction and witness the powerful effects.

If you would like to get coaching for yourself or your team or want to learn more about developing character and how to leverage character to achieve peak performance and lasting success, please feel free to visit us at [fccwellness.org](http://fccwellness.org). Be sure to follow us on LinkedIn and IG.