

# THE RESILIENCE TOOLBOX CHECKLIST™







Hi, my name is Kevin Rempel and I help Human Resource Professionals support employees who are uncertain about navigating change build resilient individuals, teams, and organizations to become more efficient, effective, and profitable.

When I was 19, I was with my father when he fell from a treestand while hunting and broke his back. He became a complete paraplegic, struggled with depression, and eventually took his own life.

When I was 23, I was also paralyzed in a motocross crash and fortunately learned how to walk again. That led me to playing sledge hockey with Team Canada for 5 years helping earn a Bronze medal at the 2014 Paralympic Games in Sochi, Russia.

Today my focus is on keynote speaking, my team building program, the Sledge Hockey Experience, and delivering workshops using The Resilience Toolbox - the exact techniques and strategies that helped me overcome tragedy, find clarity, and excel in high performance sport.

Everyone has to find what works for them, but whether you are trying to navigate uncertain times, be resilient in the face of adversity, or lead your company to success in the next quarter, it all begins with taking responsibility, focusing on the right mindset, and using practical tools to become a hero in your own movie.

This brief guide is designed to help you achieve that...





## FROM PARALYZED TO THE PODIUM, WHAT DOES IT TAKE?

Life can knock you down pretty hard, especially when you least expect it. One minute you are soaring high and have all the confidence in the world, and the next you are alone in your basement trying to figure out what just happened.

We all need to find tools and strategies that work for ourselves, but if you can relate to any part of my journey, then I know what has worked for me can also work for you.

Cognitive Behavioural Therapy (CBT) techniques are what allowed me to rebuild my life and continue to stay resilient today. They are practical and affordable techniques that you can implement immediately by yourself. Guaranteed, it will to help shift your mindset – *IF* you are willing to put in the work.



# ***What is Cognitive Behavioural Therapy (CBT)?***

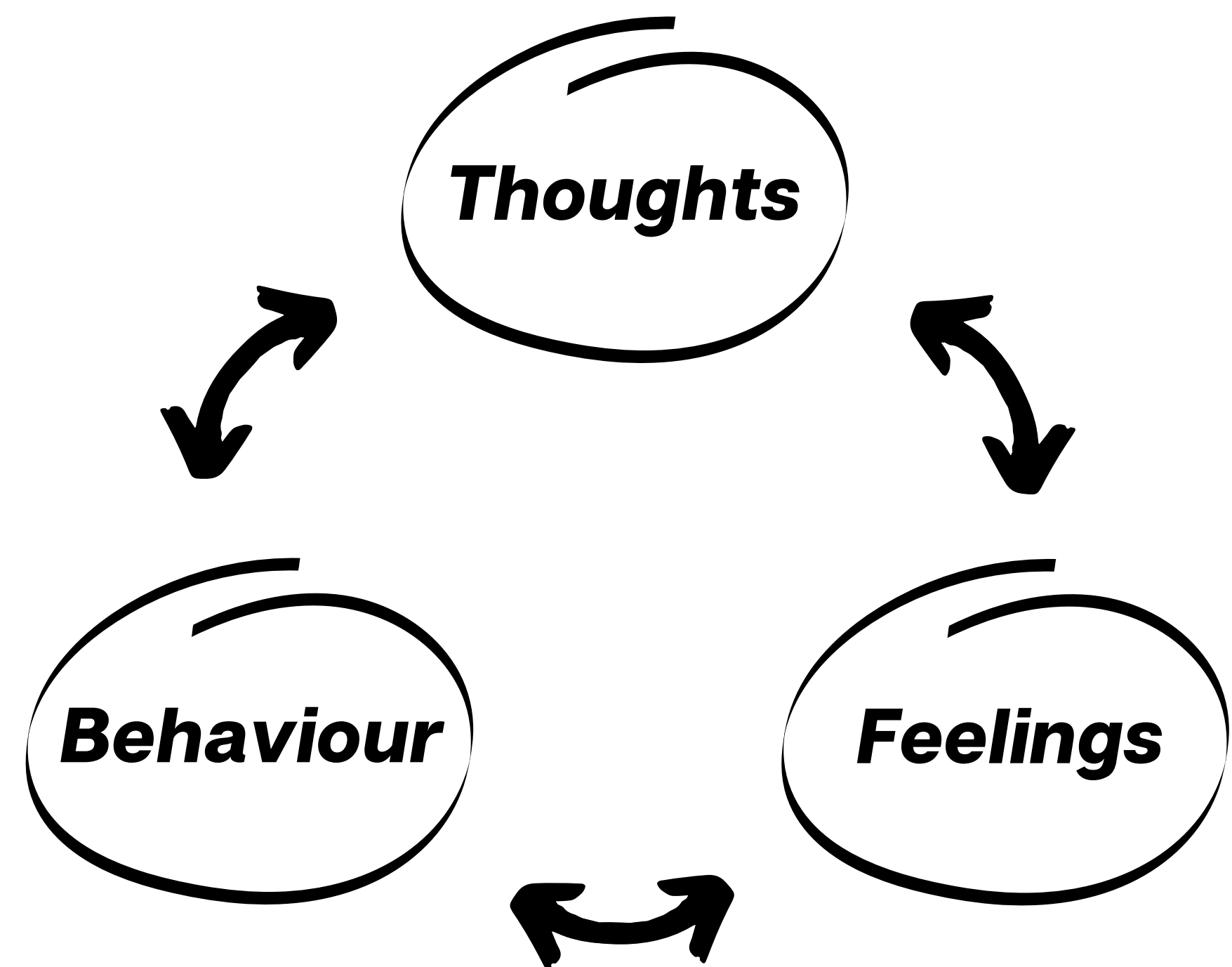
In a nutshell, CBT helps you learn how to change your thoughts, feelings, and behaviours so you feel better.

The goal is for you to challenge and change unhealthy cognitive distortions such as your thoughts, beliefs, and attitude. In doing so, you help produce a positive effect on how you feel and the behaviours you act on.

CBT techniques are coping strategies that help solve current problems. They require you to take an active role and participate in the process instead of waiting for someone or something to help make your situation better for you.

The best part is, you can begin anywhere in the cycle to help create immediate change today.

With little or no money, use CBT techniques in all areas of your work and personal life to reframe your thoughts and beliefs to be positive and mentally well.



# ***The Resilience Toolbox Checklist***

## ☐ **1) FIND A MODEL**

One of the fastest routes to success is to find someone who has already achieved what you are trying to accomplish and model their behaviour. There are few things that we struggle with which has not already been overcome by someone else before us. Take time to think about someone who inspires you and hold them closely as a model to follow.

## ☐ **2) ACCESS RESOURCES**

Building on the belief that someone else has already been down a similar path to which you are experiencing, books are an exceptional source of knowledge and inspiration which condenses years of experience into just a few pages... but what resonates with you? Dive into podcasts, watching documentaries, or niche topics on YouTube to find your solution.

## ☐ **3) DO YOUR HOMEWORK**

In my experience, there is no other CBT tool more powerful than writing. To clear your mind of negative and confusing thoughts, start with a technique called a "Brain Dump". Write down EVERYTHING that is on your mind! Get it out! By writing your thoughts down you make them tangible and real. Let them sit 24hrs, and then flip them to reframe your thoughts.

## ☐ **4) SET GOALS**

When I went through Post Olympic depression after the 2014 Paralympics in Sochi, Russia, I knew I didn't want to continue playing and was left without a goal to pursue. I learned two things about resilience in that moment. 1) Having goals to aspire towards creates accountability and gives you something to strive for, and 2) short term goals help you build momentum while long term goals that you can't reach easily help pull you out of bed.

## ☐ **5) MAKE RESILIENCE VISUAL**

Vision boards have the power to help you manifest thoughts into reality. The book The Secret states that, "The law of attraction is forming your entire life experience and it is doing that through your thoughts. When you are visualizing, you are emitting a powerful frequency out into the universe.". It's no secret that top performers develop resilience through visualization imagining both success and a potential comeback story whenever it's necessary.

# ***The Resilience Toolbox Checklist***

## ☐ **6) DEVELOP STRONG HABITS**

Do you know why you do what you do? The book *Habits* by Charles Duhigg states that in a habit loop there are three parts: your Cue, Routine, and Reward. First identify a "trigger" that starts your habit loop, that what your typical routine is, and what is your payoff? Which bad habit do you need to fix? Use this simple framework to make a change today.

## ☐ **7) CONTROL YOUR DIET**

According to Statistics Canada, in 2018 63.1% of Canadians over 18 years of age were classified as overweight and living with increased health risks. Do you fall into this category? One of the quickest ways to make sure you are living optimally and increase your resilience is to focus on what food you consume so you feel better, have more energy, and create more clarity in your mind.

## ☐ **8) HIT THE LIGHTS**

It's easy to neglect the importance of sleep when you are trying to be resilient. Work may force you to stay up late and wake up early, but what if you could both get the rest you need AND get more work done in the process? Hit the lights when you know it's time to crash and let your body recharge so you have fuel for tomorrow.

## ☐ **9) MOVE YOUR BODY**

Remember, *"If you don't make the time, you won't have the time."* You choose how to spend your time, and although you may feel like there's not much available in a day, even 20 minutes will help increase blood flow, help you feel more light and nimble, speed up digestion, reduce bloating, and increase cognitive ability and function. The results are endless!

## ☐ **10) DO HARD THINGS**

A lot easier said than done, right? Well, the truth is that in order to become resilient you must practice doing hard things. It means challenging yourself to learn something new and stick with it until you figure it out. Doing hard things means to do whatever is hard, for YOU!

# Notes

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# Next Steps...

## **Help your team adopt *The Hero Mindset*.**

You can't afford hiring another keynote speaker deliver a "fluffy" message to your team. They can smell a fake from a mile away. The Hero Mindset encompasses real life experiences from both surviving extremely difficult times AND reaching to the top of the podium in high performance sport.

The parallels to business are endless. Whether your team is trying to adjust to a hard market, implement a new strategic plan, navigate organizational restructure, or define new roles, The Hero Mindset is about accepting responsibility for how you show up in the world.

It's our job to focus on the small things that make a big difference, and it all begins with your mindset.

Here are two ways to get started right now: First, book a discovery call with myself to learn more about your event and how to establish this mindset within your organization.

**[SCHEDULE A TIME HERE...](#)**

If you're eager to begin implementing CBT techniques and strategies, check out The Resilience Toolbox self guided program online.

It's 10 lessons, all which build on the key points mentioned above to help you implement The Hero Mindset into your life using the exact tools, techniques, and strategies that helped me learn how to walk again, make Team Canada, and become and elite athlete in high performance sport.

**[SHOW ME THE PROGRAM...](#)**