

Make Your Next Chapter Your Best Chapter!

A Checklist to Kick Your Resilience Into High Gear

Resilience is a muscle, and you need to exercise it every day in order to keep it toned and strong. But you don't need to do it alone. In this checklist, you will find tips and tricks that will help you stay soaring at the power level of self-confidence you deserve in order to keep your life in high gear. Feel free to print out and post on your fridge, over your desk, or inside your handbag—why not all three?

1. Set boundaries



- Invest time in healthy relationships ONLY
- When you recognize the signs of a relationship turning toxic, start setting boundaries to protect yourself
- Call on other close relationships for support when one is faltering
- Look for other places to set boundaries regularly too—with your time, your heart, your efforts

2. Get comfortable with being perfectly imperfect



- First step is forgiveness, and first person to forgive is yourself
- Don't let your past mistakes define you—everyone makes them and it is our strengths that power us through
- Make a list of your excellent qualities to review regularly and celebrate who you are
- Look to your list of strengths for ways to use them to supercharge your life and purpose

3. Speak kindly to **YOURSELF** and love yourself



- Make sure that you are your top supporter—you should imagine you'd be the first person you'd have on speed dial when there's a problem
- Don't explain yourself to others or doubt yourself
- Don't accept any of the following excuses from yourself: too busy, too old, too weary. In other words, don't give up!
- Write down some kind things you say to other people and then say them to yourself – keep the list in your pocket for emergencies

4. Focus on what **YOU** want and be unapologetically **YOU**



- Don't listen to other peoples' opinions. This goes double if they don't share your lived experience or show empathy towards you
- Don't pretend to be someone you are not—you're already good enough the way you are and you have many gifts to share
- Don't apologize for who you are. Your uniqueness is what makes you likeable and even lovable

5. Take charge of your own happiness



- Don't make excuses—instead, come up with a list of reasons why others would benefit from the plans you have in mind
- Don't live in the past—the future is much more exciting and it's still out there to grasp
- The only value in the past is as a source of lessons—mine it for the joys you did experience and practice bringing more of those into your future
- Happiness is a muscle too, so keep checking in with yourself regularly to make sure you're still happy, and even more importantly, happy on your own terms



| About Karen Dean



Karen Dean leads a movement of women who are redefining resilience. She leads by example, having found success repeatedly as a serial entrepreneur and now as founder of the Define the Next Chapter coaching program.

Recognized by the RBC Canadian Women Entrepreneur Awards Nominee in 2014, Karen has been a mentor to women in business throughout her career and was mentored herself by Arlene Dickinson of Venture Communications, youinc.com and CBC TV's Dragon's Den. Karen holds a Bachelor of Business Administration and a certificate in Small Business Development Training.

Karen also shows her dedication to her community through extensive volunteering, including roles as a founding member of several community and business development organizations. She was one of only two women to ever be elected to the Board of Directors of Farmers Co-operative Dairy Limited, and she has also served as a board member for the Early Intervention Association of Nova Scotia and the National Holstein Convention in 2011.

Karen is the proud mother to three amazing humans who she points to as not only a source of joy but as her greatest accomplishments. Karen is a survivor of domestic abuse by more than one abuser, and has faced challenges from toxic family relationships to helping her children through illness to protecting them from abuse. Her advice for other women springs from a mountain of lived experience, and she's passionate about her new mission to help other women find their resilience and live their best life, a purpose she lives in her own life every day.

If you'd like learn more about how Karen can help you identify and overcome past patterns and make plans that take those lessons into the future both personally and professionally, then go [here](#) to schedule a call today.