

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

Resilience Expert, Inspiring Speaker, Fierce Leader, Bestselling Author, Mentor, Mom, Survivor, Advocate, Limit-Pusher

Karen Dean is an incredible motivational speaker, coach, entrepreneur, and bestselling author who shares her own personal stories of resilience and inspires with an amazing sense of positivity.

Recognized by the RBC Canadian Women Entrepreneur Awards as a Nominee three times, Karen has operated successful businesses in many different industries for over 25 years. She has been a mentor to many women in business throughout her career and has had the honour of being mentored by some incredibly accomplished businesswomen.

Karen believes in paying it forward and, since 2018, she has raised over \$120,000 for families in need in Nova Scotia. She was honoured to be chosen as the recipient of the QueenPin (Halifax) award in 2020 for her commitment to improving her community.

Karen has published two books:

- We Are Unbreakable: Raw, Real Stories of Resilience from Women in Nova Scotia in 2020 (an Amazon category bestseller for more than 6 months)
- Fierce & Fabulous: A Self-Love Journal

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's messages spring from a mountain of lived experience, and she is passionate about her mission to help people reboot their resilience and live their best life, personally and professionally, 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.