



Living Life LOUD

Month 2, Week 2 Homework

MY GOALS FOR NOVEMBER:

1. _____
2. _____
3. _____

Resilience, more than anything, is about BEING CURIOUS when we hit an obstacle. Sometimes, it's how we interpret events that keep us STUCK or enable us to MOVE FORWARD. This week, we're going to dig into one particular area – being judgmental.

Judging or being critical is one of the biggest barriers to allowing us to recover from emotional upsets quickly. When we are judging others, we are focusing on their shortcomings and often looking at how they have “wronged” us. This puts us in victim role, which is the opposite of resilience. We cannot bounce back or recover if we are focused on what's wrong with someone else.

In “Rising Strong,” Brene Brown asks the question, “Do you think other people are doing the best they can?” She makes a big distinction between the mindset of the people who say “Yes,” and the mindset of the people who say “NO WAY!” (Ch. 6.) By asking herself this question, she uncovers some uncomfortable truths about herself. She also leads people through the exercise below with some astonishing results.

Now it's your turn.

1. Do you think people are doing the best they can?

2. Do you think YOU are doing the best you can?

3. Write down the name of someone who fills you with frustration, disappointment, and/or resentment.

4. What if you had it on the highest authority that the person you wrote down in #3 above is doing the best he or she can with the tools they've been given? How would your opinion of them, your actions towards them, and your understanding of them change? Take some time to think about this idea this week.

5. Brene Brown makes it very clear that we can CHOOSE whether or not we believe others are doing the best they can, and that this choice is more for us than it is for them. This week, when you find yourself falling into judgment or criticism (INCLUDING ABOUT YOURSELF!), use this as a mantra:

PEOPLE ARE DOING THE BEST THEY CAN.