**Chapter 5 - Responding to setbacks**

* The common issues and my R.E.C.C.E. response
* **Responding** not reacting
* **Exhaling** & **centring** yourself
* Revisiting your **commitment** and any conflict
* **Exploring** what action to take next

**NOTES**

Write down the phrase to use when you next face a setback. First exhale, then say it out loud to centre yourself.

Write down a setback you are currently facing

Write down your commitment to the goal around this, right now

Do you want to stay with it or change it?

Is there a conflicting commitment?

Which do you wish to pursue?

List what other ways you can explore to meet your goal or commitment

**Chapter 6 - Building your mental toughness**

* The common issue and why the M.O.W.G.L.I. muscle works
* So, what’s **Missing**?
* What needs to **Occur** to fix this?
* What are your **Worries**?
* What’s **Great** about you?
* What do you need to **Let** **go**?
* What action is needed to **Ignite** you?

**NOTES**

List situations around roles where you want to be more mentally tough

List what you believe is missing for you to feel this way

List your worries, your fears and the worst that could happen

What might you need to let go of?

Have a clear page or special book and make a long list of what makes you GREAT, and keep adding to it

Write down the FIRST step you are going to take this week to venture closer to managing a situation