REALITY-BASED LEADERSHIP

Resiliency Board

Overcome obstacles, barriers, or roadblocks by collecting the best tips of the people around you.

Build yourself a board of advisors on demand. Identify an obstacle, gather ten-plus people from your contacts, and ask each for their single best tip. Then act on what comes back, without judgment, with wholehearted effort.

1 WRITE YOUR OBSTACLE BELOW

Identify an obstacle you're committed to overcoming. Make it as concise and clear as you can.

2 WRITE THE NAMES OF 10+ PEOPLE

Find ten people or more in your contacts and create a group on your preferred messaging or email platform. Message each with a natural greeting, then: **"I'm currently trying to overcome _____ – what's your one best tip?"**

1	2
3	4
5	6
7	8
9	10

3 DOCUMENT THE RESPONSES YOU RECEIVE

NOW, TAKE NEXT RIGHT ACTION

Without judgment and with wholehearted effort, take action on each suggestion. Afterward, see how far you've come, you'll usually be closer than you expected.

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