



# THE BOUNCE-BACK BLUEPRINT



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NorthEast



# THE BOUNCE-BACK BLUEPRINT

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 $\ensuremath{\mathbb{C}}\xspace$  Employers Association of the NorthEast



### THE BOUNCE-BACK BLUEPRINT

Strategies To Break The Cycle and Reset Your Mindset





### STRATEGIES TO BREAK THE CYCLE AND RESET YOUR MINDSET

The Bounce-Back Blueprint







### 2023 It came at me like a runaway train.

# The Truth ABOUT RESILIENCE





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#### The Truth About RESILIENCE





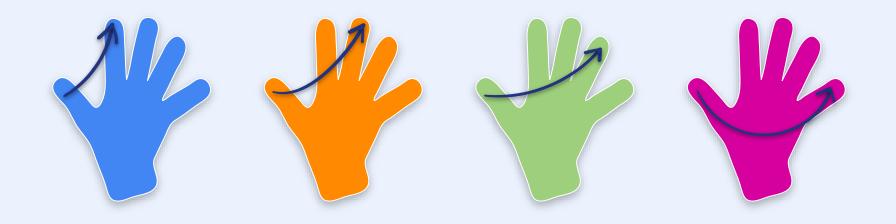




# BREAK THE CYCLE Tiny Moves, Big Reset



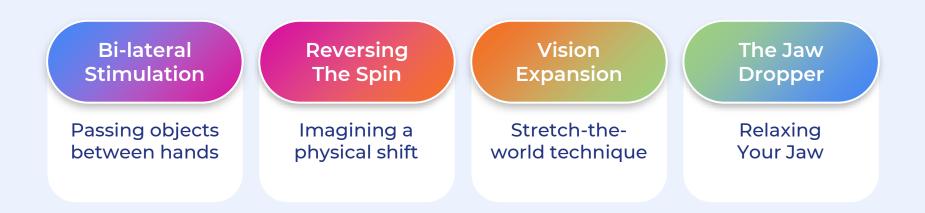
### BREAK THE CYCLE THROUGH MICRO-MOVEMENTS





#### **MICRO-MOVEMENTS**

Strategies You Can Take With You Anywhere





Pause and Pivot

## **BREAK THE CYCLE**







# MINDSET RESET One Small Shift, One Step Forward



## **POWER OF 'AND'**



#### **MINDSET RESET**

The Power of 'and'



This is overwhelming... AND I've faced hard things

I don't know what to do next... AND I can ask for help...

This is harder than I expected... AND I'm still showing up...

I'm afraid I'll fail... AND I've learned from setbacks



#### MINDSET RESET The Power of 'and'

2024 Solution Solutio

#### THE MINDSET RESET Power of 'and'

Jot down your real-world stuck scenario and use the Power of AND to shift your thinking forward.

Write your Current Thought Statement The hard part. What's the real challenge you're facing?

Add AND + One Truth A fact about yourself, your experience, or something you know to be true.

Add AND + One Possibility

A small shift, an action, or a reminder that keeps you moving forward.



CATALYST	IE BOUNCE-BACK LUEPRINT YORKBOOK
Use this space to jot down	4-WEEK CATALYST BLUEPRINT WORKBOOK
Deway of AND Asthetic	BREAKING THE CYCLE: SMALL SHIFTS, BIG MOMENTUM
Power of AND Activity Use this space to work thre Your Real-World Stuck Sce	The Truth About Resilience
Your 'AND' Statement: The	What resonates with you most? Capture it here.
	2 STRATEGY: BREAK THE CYCLE
PRACTICE AGAIN: Your 'AND' Statement: The	Use this space to jot down notes and examples.
© The 4-We	What's one strategy or micro-movement that resonated with you the most? Use this space to jot down what you want to remember.
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#### THE MINDSET RESET Power of 'and'

PAIR SHARE ACTIVITY

Share your real-world scenario and your AND statement with your partner.

#### Listen to their statement and ask:

Could the AND be stretched further?

Could it be softened or made even smaller and more believable?

What's one more possibility they could add?

**Refine it together**—see how even small shifts can open up new perspectives.

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### The Power of 'And' THE STORY UNFOLDS

### Breakout





The mind, once stretched by a new idea, never returns to its original dimensions.



