

WALDO WALDMAN

Resilience Challenge



★ LIFT VS. DRAG ★

MISSION OBJECTIVE: MAXIMIZE PERFORMANCE BY HARNESSING POSITIVE INFLUENCES AND REDUCING NEGATIVE ONES.

For a plane to fly, lift must exceed drag. The same holds true for leaders. Things that motivate or inspire us produce lift and strengthen our mindset, while stress, bad habits and negative people/thoughts drag us down. When lift exceeds drag, performance soars!

★ ACTION ITEM #1 ★

Reduce Drag: Write down three habits and three people that tend to drag you down. Make an unalterable commitment to jettison one or more of these forces.

★ ACTION ITEM #2 ★

Induce Lift: Write down three things that bring you joy, energy, and peace. Schedule intentional time each day to focus on thoughts and actions that lift you up.

★ ACTION ITEM #3 ★

Lift Your Wingmen: Encourage a friend or teammate each day with a positive affirmation and find a way to make them feel good about who they are.

FLIGHT LOG

Document your actions and progress below.