



**Build and maintain
your mental
resilience.
For work, for life ...
for you.**

*12 top tips for women over 40
It begins with you*

“Hello and welcome I am Abbie Broad I help women over 40 build mental resilience.

For work, and for life, it begins with you...

Mental resilience is something I feel confident talking about. I have walked the walk and I now talk the talk. My life is both joyful and successful and I spend each day sharing my expertise and knowledge through coaching women in to reclaim their energy. To make better decisions, more money and to feel joyful and confident in the process.

It's quite a big claim, however, I cannot be swayed on the importance of mental resilience and the fundamental changes it can facilitate in our lives.

Ok so this was not always the case. As a child I had an interesting start in life, and like many of the other women who have made this journey, I struggled. I am an identical twin born in the 70's. My dad was serving in the Navy and my mum was alone with 3 kids. Growing up in the 70's life was different. My parents struggled with money and I grew up with the feeling that it was all my fault. Being 'the kid' they hadn't planned, meant I had issues with rejection, co-dependency, and comparison. Don't get me wrong, I had a fun and loving childhood, but stuff sticks, so by the time I was in my 20's I was already making some very poor choices.

Relationships were my failing and low self esteem meant I stayed in places and situations that in hindsight make no sense at all. Finally, as I entered my 30's I found a coach, counsellor and friend to help me find my way. To see where I was choosing to blame over responsibility, and where my poor choices had led me. She helped me to be curious about the part I had to play in my decisions and over time, built up my mental resilience to find the real me. To know like and trust myself and to start living my best life.

Here in this e-book, I share a small part of that journey. How putting the work in, sitting with the discomfort of change, and remaining curious has brought me to this point. A place where not only I can live my best life, but I can also help other women to do the same.

I hope you enjoy my story, and it helps you to begin your journey to build and maintain your mental resilience for work, for life, for you....

Let the journey begin

Much Love

Abbie x

Mental Resilience – What does it really mean and where can I get some?

The internet is literally full to bursting with articles, books, webinars and training programmes on building mental resilience, self-help guides to boost your wellbeing and adjust your mindset. Which ironically becomes a little bit overwhelming!

So instead of adding just another more or less similar article to this, I will be sharing with you a bit of my story: MY thoughts on Mental Resilience, how it changed my life forever and how it still helps me every day to navigate through both my personal and professional life.

- ✓ I offer some tips on how to begin the process of opening up your mind to see where you can find information and support that fits with you.
- ✓ I will be sharing with you what Mental Resilience means to me and the very personal experiences that lead to my own self-awareness.
- ✓ I will also be talking about the moment I realised that I was operating with a fixed mindset, dismissing even the possibility of change.
- ✓ And finally, a list of my Top 12 Tips on how to begin to build your mental resilience.

The moment I realised I was resilient

I thrive on getting to know who it is I am coaching and helping them to unleash their inner awesomeness. Because I can see it. even when they can't. I gently encourage them to be curious about their inner process and help build their confidence to challenge their current perspective and see that change is possible. "It begins with you ladies" I say. "Trust me I know. You need to look on the inside before you start questioning what's going on, on the outside."

Then one day a client asked "Abbie when did you know you were mentally resilient; can you pinpoint when that happened?"

My initial response was to say, "Great question what makes you ask that?" and then it hit me. I replied "actually yes I can remember the exact moment, it was at 7.34am on the 15th July 2009". "Can I share a short story with you?"

I proceed to share my story, the one I am about to tell you now. At least a part of it anyway... I am saving a few juicy bits for when Oprah invites me on.

So what does mental resilience mean to me? Let's start at the end

I met Lisa in 2002. Just weeks after I had got married and I was already pregnant with my second child. We were I suppose forced together through circumstance, our husbands were best friends and so we met regularly and soon became good friends.

Although much younger than me, Lisa was an old soul, balanced, humble and wise. And it wasn't long before I started to experience some rather unusual thought processes after spending time with her. She was to be fair, training as a person-centred counsellor at the time and as I discovered for myself later in my own training, you need guinea pigs to practice on. So, I guess I became a guinea pig.

Each time we met, despite being surrounded by children, friends, family, conversations and the occasional "drama" I always felt completely listened to. My life back then was a shit storm. I make no secret of how unhappy I was, and to be clear, there were huge reasons why this was



true. Some of them yes, were on the outside of me. People and situations that made me doubt my worth and my very existence. People and situations that caused me to feel helpless, sad, anxious and depressed. People and situations that confused and upset me. However, these people and situations were not the focus of our conversations.

How working with Lisa helped me to develop these skills

Blame and responsibility

To begin with I would bring the conversation to these people and situations. Blaming and questioning why me? All my focus and energy were on; Why I was being "treated" this way. Why me? How can I change these people or situations to make them stop?

We did this dance for honestly a good 12 months. We didn't meet often and at the time I had no idea of what was to come, so I gave little or no thought to our conversations except only at the time when they were happening.

This is something that I have experience of with my own clients over the years. Coaching is not a spectator sport and to truly benefit from the amazing process, you have to go all in. Which means driving the process forward for yourself. So, when a client messages me

between sessions to say” Abbie I have been thinking about what we discussed and..... I do happy dance because now they get it.

I empathise of course with the clients who take a little longer to get there. It took me a year FFS!!!! But when that penny drops, or we flip the switch, or open the door, or get in the driving seat... that is where the journey really begins. This is the start of mental resilience.

I was living with a fixed mindset. Until I made the switch from a fixed to a growth mindset, I couldn't even entertain the possibility of change. I just accepted that this was it and kept going.

Making the switch from a fixed to a growth mindset starts with curiosity.

What does a Fixed Mindset look like?

With a fixed mindset you are reactive. You tend to blame other people or circumstances for the way you feel, what you experience and the situations you find yourself in. You give up all responsibility and believe that things happen to you, rather than making them happen. You rely on people and things that you can't control to make you feel good and achieve what you want, which ultimately leaves you feeling powerless and puts limitations on your life.

Those who live with a fixed mindset will often ask for help and advice then ignore or dispute it. They will be in jobs they hate or relationships that are unfulfilling. They will most likely be suffering with their mental and physical health. They will have un-resourceful behaviours that prevent them from moving forward.

Their resilience will be low, and they will most likely be unhappy unfulfilled and unsuccessful.

We can however be living with a fixed mindset in some area of our life and not in others.

What does a Growth Mindset look like?

With a growth mindset, you are proactive. You take full responsibility for everything that happens to you and consciously and consistently take action to create what you desire. You believe that everything in life is a choice and that you are solely responsible for making those choices. Through that, you create your own opportunities. This means you tend to get more of the important stuff done and live a healthier, happier and more fulfilled life.

Those who live with a growth mindset are likely to have jobs that they enjoy and are fulfilling. They may not always be in relationships, but if they are then they will be seeking a soul mate

rather than a house mate.

They will not have perfect lives, but their outlook will remain positive, while they maintain their resilience to cope with all that life throws at them.

They are likely to be less stressed, less anxious and suffer less with depression than those with a fixed mindset.

We can be living with a growth mindset in some areas of our life and not others, but you can rest assured we will be making it a priority to work on that.

When I made the switch

My journey from darkness into the light ... the light bulb moment came with one simple question. "Abbie who exactly are you blaming for all of this?" Uhhh ummmm uh OMG. Still to this day the most powerful coaching question I have ever been asked. Because in that exact moment my world changed. At least my perception of it did.

For the first time in my life, I began to ask myself the right questions.

Who was I blaming?

Why was it their fault?

What part am I playing in this farcical comedy or errors that is my life?

Have I been playing a part in this shit storm from the start?

It was in that moment that I went from a fixed to a growth mindset. Ok so there was a long road ahead of me, but at last I felt like I had taken the right path. For literally the first time in my life, I had started to take responsibility for me.



Ok so now were talking what's next? What followed was the most incredible and painful 7 years of my life. Lisa and I went on a journey that change my life forever. Through coaching behaviours and counselling conversation, through challenge and congruence, through self-discovery and self-awareness I became the person that I am today.

By the time our journey came to an end, I was ready. Lisa made sure of that. She challenged me, to dig deep into who I was, my purpose, my passion, my very reason for existing.

It was often an uncomfortable ride and there were many times I wanted to avoid her because I just didn't feel up to it. Ok so it wasn't easy, but it was most definitely worth it.

When the call came at 7.34am on the 15th of July 2009 to say Lisa had passed away. I knew what I had to do. Overwhelmed with grief and sadness I realised in that moment what the last 7 years had been about.

The moment I knew my life had changed and I was going to be ok

So, when I was asked the question "when did you know you were mentally resilient?" it was this moment. Because despite feeling sadder than I had ever been before, I was ok. I was sad beyond words. But not broken. Not defeated. In fact, I was empowered. I was going to grow. I was going to learn. I was going to thrive. I was going to share this most amazing journey and help others, like Lisa helped me. I owed it to her to continue my journey and that is just what I have done.

Truth be told mental resilience is not a one stop shop. I have to work at it EVERY DAY!! Challenges and obstacles are a part of being alive and so we accept and expect them. Shit happens so they say, its what you do next that counts.

Over the years following Lisa's passing I worked on every inch of my personal life. Relationships had always been my kryptonite and where I felt I always failed. So, I kept going putting in the work and now years on I reap the benefits. Whilst life is a work in progress, I can finally say that I have found myself, and it is joyful.

My definition of mental resilience is this:

Action is what builds mental resilience. A good coach knows that confidence is a result of taking action, not a prerequisite. In simple terms you have to do it, in order to feel it.

We don't wait for mental resilience to be achieved before we can move forward in our lives, we have to move forward in our lives in order to achieve it.

There is so much information out there, on the internet, in books, online courses and of course social media. Trust me I have searched through most of it. Many will tell you similar strategies to build your mental resilience.

Trouble is none of it means anything until you have passed over from the dark side into enlightenment. And for that you need help. My journey began not with a plan of how I was

going to build mental resilience, I had no idea what that even was or that I needed it. My journey began with friendship, conversation, some coaching tools, a whole load of kindness and a bottomless bucket of trust. “trust the process”. Yep so now I know what that really means.

We don't always know how the story ends. I had no idea how coaching would change my life. I had no idea just how tough I could be. How decisive I could be. I could not even contemplate how happy I could be. Lisa knew. She saw me. She saw the potential of what was inside, and she helped me to see it too.

“The universe will only send you what it knows you can handle”. For many years I thought this was some kind of spiritual crap that people said to you when you were in a hole and they didn't know what else to say. Now I get it. Because the truth is, we can handle anything when we operate at our full potential. When we are the truest version of who we are. When we are our most authentic self. We can handle anything. Because it all comes down to 1 thing. Choice.

Choose to take responsibility for what you think. Choose to take responsibility for how you feel. Choose to take responsibility for your actions.

Ok so How do I do it Abbie? I hear you ask. Well, if I haven't made it clear enough so far let me say it again. It begins with you ...

Here are my Top 12 Tips for building mental resilience and getting your mindset ready for the journey ahead.



My Top 12 Tips on how to begin building your mental resilience

1. Get a Coach

Not a good one. A great one. One that you like. One that you trust. One that sets the bar so high for you that you literally shake with excitement at the thought of reaching it. One that inspires you. One that challenges you. One that knows what you are capable of even when you can't see it for yourself. One that empowers you to lead the way to your own enlightenment and one that will clap and cheer for you, every step of the way.

2. Goal Setting – What is my why?

Goals are always associated with a feeling. Whatever the goal, I offer it is in fact how you want to feel once that goal is achieved that is the real goal. If you are striving to achieve something be sure you fully understand why you want to achieve it. Goals are something many of us avoid – for fear of coming up short. Find your reason for doing it and motivation will increase. In life we need to know what direction we are going in; otherwise how can we know if we are doing our best. Goal setting is vital for perspective and motivation. It also helps us to stay accountable. Your coach will help with this of course but the work is on you. Begin with some simple goal setting exercises, identify what you want to gain from it. How you want to feel? What is the ultimate destination?

3. Create Positive Self-Belief



This is not a quick process. It won't happen overnight. It takes time. We are all different and our success will be measured by our own achievements and I offer these can be measured on a daily basis. However, resilience needs to be tested over time, and with each test it becomes stronger. Having a coach helps you to stay focused and motivated through the good times and the tough times. Our mindset is our biggest challenge both in life and in

business so learning how to take control of it is essential. Exercises that encourage you to identify your limiting beliefs and then challenge them with evidence to dispute that limitation, are a great way to build belief.

4. Do what feels right

In order to achieve mental resilience, we need to be at peace with who we are. Understanding our core values plays a huge part here. Working with a coach will enable you to identify your core values and learn how to use them to expedite your success and feel calm and confident in the process. When we align our goals to meet our values the process becomes far easier. A big part of mental resilience is knowing what makes us tick. Our core values are the key to finding out. Identify them and align your goals accordingly.



Many of us align our values to meet our goals and this is painful, ineffective and unsustainable. Situations that require us to step outside of our comfort zone, become far easier once we use our core values instead of ignoring them

5. Create behaviours and follow through

Following through on what you say you're going to do, not only helps to earn the respect of others but also respect for and confidence in yourself. Developing your follow-through skills will also help you accomplish your goals and likely strengthen your resilience too. Creating behaviours and taking action is how we succeed. It helps us to avoid procrastination and overwhelm and keeps the inner critic at bay.

6. Get your head around time

Too little time and we panic too much time, and we procrastinate. Both of these pose a huge challenge to your mental resilience. Get your head around what time you have. Create a visualisation of what actual time you have to work, rest and play. Create behaviours and actions accordingly. Don't sit



slogging away at your desk, resentful about what you are missing out on. Make your time tangible. Set boundaries around work and responsibilities. Resist the urge to power through. Being constantly busy is not something to be proud of, but many women define their worth by how busy they are and how many people need them. It takes courage and strength to step back and prioritise. Use simple time boxing behaviours while you build that courage.

7. Think Long-term

Often times, we trade in long-term happiness for more immediate gratification. We can build up our confidence by making sacrifices and decisions based on long-term goals rather than short-term comforts. Finding the discipline to do so will bring greater happiness in the long-term and a higher likelihood of achieving the goals you've set for yourself. For me this meant learning to be patient and trust the process. We are tricked into thinking that everyone else has nailed it. On close inspection we know this isn't always true. Adjust your expectations and plan accordingly. Set yourself small milestones to work towards and celebrate every step in the right direction.

8. Exercise for the mind body and spirit

Ok so this is a big subject. Way too much to include here today. For now, let me say, exercising your brain is as important as exercising your body. There are lots of ways to “exercise our mind and make it stronger”. Mindfulness. CBT. Questioning and challenge. Challenging ourselves to choose how we think. Yep big subject. Taking control of your thoughts is ground zero for mental resilience and this will for sure be where a great coach

will start. When reading books and absorbing knowledge, remember to ask “what is my version of this?” and most important of all make a commitment to put your new knowledge into practice.

9. Don't fear failure. Accept it. Embrace it. Learn from it.

To be truly resilient we need to be prepared to make a few mistakes along the way. Resilient people are not afraid to step out of their comfort zone. They embrace the feeling of fear because they know what is on the other side. To become resilient, we need to be resilient. We do this through building belief and perspective and reflecting on what we learn. A truly resilient person loves the hard part, because in truth there is no hard part, just lessons, learning and growing.



10. Stand up for what you believe to be true

The only thing we can truly know is ourselves. We are our world. And although we interact with others, our mind is the only real truth. Stand up for it. Demonstrate your authenticity. Be bold in your non negotiables and don't be swayed by old negative beliefs. Try not to compare yourself to others. Play your own game and play all out. Something that was said to me many years ago “Abbie other people won't take you seriously until you do” yep so that hit hard, and then I got up and took action. That's how this works.

11. Don't Care What Others Think



We all need support and I have been blessed to be surrounded by people who want only to see me succeed. That isn't to say that there weren't people who didn't feel that way. There were. It is easy to fall into the trap of wondering what others may think of you, but it's important to remember that what others

think actually means nothing in the pursuit of your dreams. Build your confidence by believing in yourself and continuing to move forward, even when others might not agree with you. “if they are shooting at you, then you must be doing something right”. Often our growth will impact others negatively. Limit the amount of time you spend with these

people. Chose to let go of the thoughts you have created because of their fears. Visualisations are a great way to work on releasing the negative impact of others. If these are people close to you, who you cannot physically let go of, work on a bubble of protection when around them.

12. Do More of What Makes You Happy

Confidence and balance come when we are aligned with our highest selves and proud of it. *'There is no such thing as dark... only the absence of light. There is no such thing as cold, only the absence of warmth'*. When we get to a certain stage in our lives we start to look more closely at what happiness means to us. We are better able to understand the things that make us happy, and I highly recommend activities, people and situations that for you bring joy. Overwhelm is not caused by having too much to do. It is triggered when we have neglected to do enough of the things that make us happy. Bring us joy. And support our feeling of wellbeing. Be sure to recharge yourself regularly. Top up on the stuff you love. That feeds your soul. Building mental resilience allows for exploration of what those things might be. To feel joy, comfort, love and satisfaction you must choose to feel it. Be happy with someone not because of them. Take responsibility for your joy. Do not seek it outside of yourself. It begins with you....



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