

# 101

*top tips  
to increase your*

***bounceback-ability***

# INTRODUCTION

## Bounce-back-ability **BBA**

to me means the ability to hang in there and keep going when things are tough; to be able to bounce back stronger because of having faced the challenge.

***BBA IS ABOUT DEVELOPING AN  
ATTITUDE THAT SEES DIFFICULTIES AS A  
CHANCE TO LEARN AND GROW WHILST  
FOLLOWING WHAT YOU LOVE DOING***

In this booklet you find different techniques that I found helpful over the years in my psychology practice as well as for myself. I will introduce you to six different 'factors' that will enhance your BBA.

But before you start reading, think about a situation at work or home where you are facing a challenge and you are not sure yet if and how you will get through this situation:

- What are you telling yourself about this situation?
- What kinds of beliefs are triggered?
- Do you have people in your life who support you, who you could ask for help?
- How are you handling the challenge?
- Do you expect a good outcome?
- How are you feeling during?
- What are the most dominant feelings?
- How are you dealing with your feelings? Are they helping or hindering you?
- Do think you are learning anything useful from this situation?
- What kind of help/support are you missing right now?

'I keep on thinking that I cannot do this anymore. I seem to be lacking something. I suddenly see so many difficulties in my way. This is not what I signed up for.'

## BBA FACTOR 1

# MIND SET

- 1 Be self-aware: self-awareness is essential for being able to change.
- 2 Stay flexible in your thinking and being.
- 3 Know your own beliefs.
- 4 Your beliefs create your life: They determine whether you see opportunities or obstacles.
- 5 Beliefs may feel like the truth but they really are only beliefs.
- 6 We create our deeply held beliefs as children and then spend our lives proving that they are true.
- 7 You can change your beliefs: Create helpful ones.
- 8 Deeply held beliefs need some work to change, work on them every day.
- 9 Know your deservingness threshold (i.e. how good can you stand it?) and learn to raise it.
- 10 Find a way to discover your limiting beliefs if you want to achieve more or change your life.
- 11 Optimism creates health, hope and well-being.
- 12 Optimism increases productivity.
- 13 Optimism can be learnt!
- 14 Examine your own thinking and start challenging unhelpful pessimism.
- 15 Choose an optimistic outlook every day.
- 16 It is important to be a realistic optimist and learn from mistakes and situations in order to continuously develop and succeed.
- 17 Develop an attitude that everything that happens in life is a chance to learn.
- 18 Ask yourself what this challenge is teaching you about your beliefs. Is a limiting belief operating?
- 19 Have fun coming up with new ideas how to get over (or under) a particular hurdle.
- 20 Do something that scares you a bit every day if you want to get closer to success.
- 21 Try to thrive and become more skilful from a place of self-acceptance.
- 22 Have or develop a good sense of humour.
- 23 Thriving for excellence is not the same as perfectionism.
- 24 Perfectionism paralyses.
- 25 You don't need to be perfect to be successful. You need to be open and willing to learn and change.
- 26 Perfectionism usually kills off creativity and flexibility.
- 27 Allow yourself to be good enough.
- 28 Remember 'nobody is perfect' also applies to you.

# MOTIVATION

“I don’t remember why I am putting myself through this.”

**29** Knowing what makes your life meaningful is a great motivator, especially when you are facing difficulties.

**30** Know your values.

**31** Create a top 5 of your most important principles and use this as a checklist to ascertain that your goals are in line with your values.

**32** Ask yourself: What would make your life extraordinary?

**33** Ask yourself: What do you want to contribute to the world?

**34** What are you most passionate about?

**35** What makes you curious?

**36** Imagine looking back over your life what is it that you wished you had done? Dared to do more of?

**37** Spend time on creating your business plan that is inline with your values and beliefs.

**38** A business plan is a living breathing thing that you need to work on continuously. You don’t need to know everything when you start. Have fun with it. Be creative: use pictures, textures, whatever to create your mood board.

**39** A useful business plan helps you to see where you could improve and reminds you of your overall goal. It keeps you focused on what you want to achieve with your business.

**40** A vision for your life ensures that you set goals and take actions that help you fulfil your dreams. Be daring. You are never too old to do great things!

Learn how to deal with your feelings positively.

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Feelings are energy.

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Know how your physical state (i.e. being hungry, tired etc.) can influence your feelings negatively.

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It helps to know where a feeling comes from: sometimes they are triggered by limiting beliefs that need changing.

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Become very good at knowing your different feelings.

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Value all of your feelings, even if you don't like them all.

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You need to learn to sit with being scared if you want to get out of your comfort zone.

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If you want to achieve your goals become excellent at tolerating your fear and do something that moves you out of your comfort zone every day.

51

Use your feelings like a compass. They tell you something about the situation you are in or thinking about.

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A so-called negative feeling doesn't make you a bad person. It is about expressing it appropriately.

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**BBA FACTOR 3**

'I feel overwhelmed and struggle with my feelings. I am stuck feeling angry/sad...'

# EMOTIONS

'I don't have enough energy.  
I don't have time for my friends and family.  
I feel alone.'

# SELF-CARE

## BBA FACTOR 4

- 52** Being grateful for what you already have creates happiness and mental well-being. Write down 5 things you are grateful for everyday and you will see that you start feeling better even though things might be tougher than you want them to be.
- 53** Be yourself.
- 54** Forgive yourself.
- 55** Respect yourself.
- 56** Love yourself.
- 57** Be compassionate with yourself.
- 58** Trust yourself.
- 59** Value what makes you unique.
- 60** Stay connected! Loneliness makes people ill and undermines their BBA.
- 61** Create a support network of people who motivate you.
- 62** Have people in your life who love you no matter what.
- 63** Have mentors.
- 64** Your needs are important.
- 65** Fulfilling your needs gives you energy for your success.
- 66** You need to feed your body well enough to feel good emotionally.
- 67** Keep your blood sugar stable to avoid your emotions going all over the place.
- 68** Be active, find an activity that you enjoy doing, where you can appreciate being in your body.
- 69** Get enough sleep.

'I seem to have lost focus, I just 'fire-fight'. I struggle with procrastination and getting things done. I just react to the problems that occur.'

## BBA FACTOR 5

# SKILLS

- 70 Become an excellent problem solver.
- 71 Learn the different steps of problem solving and practice and revise them regularly.
- 72 It does take discipline to succeed.
- 73 You can learn discipline.
- 74 Overcoming procrastination: do what you want to avoid the most first thing. Don't think about whether or not you want to do it. Think only about what you will get because of doing it. AND DO IT!
- 75 Know that without showing up and taking action your dreams will stay dreams.
- 76 Create good habits.
- 77 Know which times of the day you can tackle challenging tasks best.
- 78 Being able to delay instant gratification is a crucial ingredient for discipline and success.
- 79 Be kind to yourself. Beating yourself up won't get things done but deplete your energy.
- 80 Have a clear and attractive goal in mind when you need to put in the discipline to achieve what you desire.
- 81 Set your goals in your stretch zone (i.e. it scares you a bit but also excites you).
- 82 Write down what it is that you want to do as if it has already happened. Describe how you now feel and what you are thinking; re-read it until you feel more confident.
- 83 Take actions to reach your goals now.
- 84 Put a date on the goals and actions.
- 85 Your goals need to be aligned with your values and beliefs otherwise there is a risk that you experience unconscious interference.

- 86 Follow through otherwise you undermine your self-confidence.
- 87 Review your goals regularly. How are you doing reaching them? Are they still what you want? Do you need any further support reaching them?
- 88 If you seem not to be able to muster the energy to reach a certain goal, ask yourself: Whose goal is it? Is it truly mine?
- 89 Develop some kind of check-list or system to know when you need to let go of something.
- 90 Letting go can be very painful, please be kind to yourself.
- 91 Letting go is not the same as failing. It is about learning. It is about a new beginning.
- 92 Ask yourself: What would you gain or lose by giving up?
- 93 Ask yourself: What would you gain or lose by persisting?
- 94 Learn to deal with conflict as soon as you become aware of it.
- 95 If you deal with it early it usually dissolves quickly and makes life better for everybody involved.

'I know my weaknesses very well and have been focused on fixing them but I don't achieve what I want.'

## BBA FACTOR 6

# STRENGTHS

- 96 Know your own strengths. Get help to find out what they are if you are unsure.
- 97 Remember: yes you need to deal with weaknesses. But in order to get where you want to go you need to focus on what comes easily to you.
- 98 Know when and how to use your different strengths most effectively.
- 99 Knowing your strengths helps you to delegate effectively and to build up a supportive team around you.
- 100 Remember: You need to believe in yourself if you want to succeed.

**101** The only person who can truly limit you is you!

**Contact me and find out  
what your level of BBA is:**

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