



DARYL ELLIOTT GREEN'S

TOP 7 RESILIENCE LESSONS

FORGED IN THE FIRESTORM: A
BLUEPRINT FOR HIGH-PERFORMANCE

RESILIENCE is our ability to perform under the pressure of adversity. It enables us to accept, adapt, progress, and succeed when it matters most. The good news: resilience is a skill that can be developed. It can be honed to the point where we can face catastrophe, navigate disruption, and turn obstacles into opportunities. With a resilient mindset, the impossible becomes achievable.

THINK

1 Resilience is returning to strength

Life can present extreme challenges. Some knock us off course, even into a pit of confusion, pain, and despair. Extreme circumstances naturally bring on strong emotions. This is normal. Resilience is our discipline to accept, adapt, rise from the pit, and maintain a positive forward trajectory — mentally and physically. By navigating setbacks that once seemed insurmountable, we don't just recover; we return to strength, emerging more capable, wiser, and bulletproof than ever.

2 Don't focus on what's unfair, focus on the future

Life is unfair — full stop. We cannot turn back time and undo unjust decisions, actions, or circumstances. Harboring bitterness and anger only drains our limited reservoir of energy that we need to succeed. Acceptance is a golden quality and a high-performance trait. It allows us to move forward and do what matters most: focusing our energy on designing, creating, and living a bright future with happiness as our travelling companion.

DO

3 Reach out

We all need expert help — whether it's a technical issue or a training injury. Adversity, disruption, and crises can trigger strong emotions and difficult thoughts, clouding our judgement and leaving us overwhelmed. This isn't a sign of inadequacy; it's a signal to reach out for help. Be intentional: choose the right person, the right time, and the right words. And remember, self-reliance is admirable, but in difficult times, reaching out is often the smartest and most courageous move you can make to get life back on track.

4 Tap others' experience

Whatever your circumstances, someone else has navigated a similar path — be it a profound life change, personal loss, or the aftermath of trauma. Finding those who have come out the other side is a powerful opportunity. They can help validate your feelings, clarify what to expect, and allow you to leverage their blueprint to chart your own course. Seeking their wisdom reassures you that there is light at the end of the tunnel and gives you the confidence to continue moving forward.

5 Challenge yourself

A story, memory, or scent can trigger the "demons" from a dark chapter in our lives. While avoiding these triggers offers temporary relief, confronting them is where true empowerment lies. If you've survived a horrific car crash, you might take an advanced driving course; for me, after being shot, I challenged myself to become a firearms instructor. Confronting these fears is far from easy, but the investment of time, energy, and discomfort is a small price to pay to re-establish control over our lives and our future.

6 Adopt my G.R.I.T. formula: Goals + Roadmap + Innovate + Time

We often hear stories of hardship and think, "Thank God that isn't me." But my worst nightmare — being shot in the line of duty — became my reality. What followed were years of David-vs-Goliath battles. I succeeded because I developed a specific, repeatable formula: setting clear **Goals**, following a strategic **Roadmap**, **Innovating** when obstacles disrupted my plans, and respecting the **Time** required to make progress. This G.R.I.T. formula is a discipline that allows us to navigate any level of challenge or adversity, and finish in triumph.

7 Renew

The emotional toll of a crisis can be more draining than the physical impact. Like a high-performance engine, you must be maintained and refuelled. Forward momentum is critical to resilience, but it is only sustainable if you prioritise renewal. While goals, plans, and action lists are essential for navigating the aftermath of a catastrophe, they must be balanced with scheduled recovery. True grit isn't just about the push — it's about the recharge that keeps you in the fight for the long haul.

DO THESE:

- ✓ Prioritise quality sleep
- ✓ Fuel your body with nutritious food
- ✓ Maintain regular exercise
- ✓ Minimise stress — climb one mountain at a time
- ✓ Decompress and relax
- ✓ Find reasons to laugh
- ✓ Connect and socialise
- ✓ Schedule activities you enjoy
- ✓ Create moments to look forward to

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