

DISCOVER YOUR INNER RESILIENCE...

**6** *Keys*  
TO BOUNCE BACK  
*from* **LIFE**  
**CHALLENGES**

**SASHE OMOGIATE**

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If you have any questions, suggestions, or feedback on improving the E-Book or would like to work further with Ms.Sashe Omogiate, please email us at [info@sasheomogiate.com](mailto:info@sasheomogiate.com)

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# **Welcome!**

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Don't let your fear of what could happen make nothing happen. I used to think a lot of things were working against me but it turned out they were actually working for me. It wasn't until I started to shift my mindset I then realized those setbacks were trivial and out of my control. However, I can truly say I needed those events to happen so I could discover my greatness.

In this E-Book, I'll share with you my proven secrets to bouncing back from life's setbacks and fears. Hopefully, you will leave with an improved awareness and a new outlook on life.

# **DISCOVER YOUR INNER RESILIENCE: 6 KEYS TO BOUNCING BACK FROM LIFE CHALLENGES**

Often times, people have this list – ideas of things they want to accomplish. They build up the courage to start moving towards that goal but then they get in their own way. They start thinking about what might happen; they start speaking negatively.

However, many people don't understand why they react the way they do to certain circumstances. I tell people it's very important to understand how the brain works because, until you understand how the brain works and how you can change how it works, you will never be able to change those internal condition responses.

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Condition is essentially how the brain learns by patterns of response developed through repeated experience.

I learned more about myself after I was diagnosed in December, 2014 with major depressive disorder and anxiety. I wanted to learn more about my condition so I researched the topic extensively and was able to gain the self-acceptance I needed. I discovered that many of our actions and choices occur without any direction from our conscious mind.

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I learned that we respond to similar situations through conditioning also known as internal conditioning response. Growing up as a child, through to my teenage years, I was constantly belittled, insulted, and told I could do better – I was not being acknowledged for my efforts. That resulted in me growing into an adult who worked 24/7 trying to prove to herself and others that she was good enough.

Some people can relate to my story while other experiences may be different. You may have grown up in an environment where your family was very dismissive, rejecting, or downright critical. That experience internalized the message that you are bad, not good enough, and unworthy. Often, these negative voices are simply too much to bear.

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In these situations, the conditioning of the brain begins the defense process of shutting down. You start to believe that you're better off alone.

Studies show that individuals who cope by shutting down their emotions and isolating themselves become very successful because they rely on themselves. However they also end up having a deep discomfort with their own feelings and those of others; fearing intimacy, vulnerability, and dependency.

Implicit habits drive our responses. We respond to similar situations automatically through conditioning.



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Example: As a child, when you didn't do what your parents said, they would react in anger. Later on in life you find yourself complying with people wishes and demands. Some people may call this type of person a push-over.

Neuroplasticity determines how we can use new experiences to rewire existing patterns that occur in the prefrontal cortex of the brain.

After acknowledging the impacts of my past experiences, I then focused on practising mindfulness. Mindfulness is simply being attuned to your feelings so you can make conscious decisions to change.



## **THE 1ST KEY TO BOUNCE BACK FROM LIFE'S CHALLENGES: MINDFULNESS**

Mindfulness is being non-judgmental towards yourself; accepting the experience. This leads to self-awareness and a positive shift.

## **The 2nd Key: ACKNOWLEDGMENT**

Once you acknowledge past experiences, you'll be able to unlearn those bad habits. You will learn to rewire your brain and your actions won't be unconsciously linked to implicit memory.

### **THE 3RD KEY: SELF-ACCEPTANCE**

Coming to terms with what is (or has been) so that you can cope with it going forward; not doing the blame-game or shame-game. Exit the state of denial and take an attitude of knowing that you can learn healthy coping strategies to get through your struggles, both past and present. Understand that you learned from the past and can use those lessons to drive your success.

### **The 4th Key: RESILIENCE**

Countless people agree that you must have resilience in order to bounce back from life's challenges.

Resilience is the capacity to recover quickly from difficulties and challenges. For those who don't know what resilience requires of them, resilience requires acknowledging, allowing, and accepting all of you.

## **THE 5TH KEY: CONNECTION**

This entails connecting with others to receive help and sharing each other's experiences. Our brain prefers the method of learning resilience through interacting with those that are more resilient than us. When you spend time with people who are consistently calm and courageous you come to embody those qualities.

## **The 6th Key: GRATITUDE**

This key is about being grateful for what you have in life, what you have achieved. Consider the things about which you are truly grateful. Write 3-5 of these things down or say them out loud. By doing this, you'll end up making the most of the present moment. Embrace what is and believe that whatever you want for yourself is possible.

### (BONUS EXAMPLE)

Once I was stuck in traffic going to a meeting. I had left early and was still about to be late. I called my mentor at the time and she helped me acknowledge why I was upset. I was thinking of a past experience when I missed out on an opportunity due to traffic delaying me. She insisted that I think of what I could do at that present moment to address the current issue. This was to text them or shoot them an email informing them of my delay.

### (BONUS EXAMPLE)

My mentor insisted I calm down, breathe, take notice of how I felt, and accept what is. She stated that traffic is an external stressor that is out of my control. She said I shouldn't be upset – that it was not my fault and those meant for me to work with would understand. My mentor noted that I should be thankful for having the meeting and having a car to drive to that meeting.

## **(BONUS KEYS)**

If you want to change your negative reactions, impatience, or your bad temper, you must learn healthier coping strategies that will lead to greater resilience. So, if you want to become calmer you must seek out and practice the experience of being calm.

Coping Mechanism- Cooking, journaling, doing laundry, coloring, listening to music, walking, etc.

## **(BONUS KEYS)**

We all should have a place we can go. Our safe place can greatly enhance our ease. This enables us to come to terms with our losses and difficulties. The safe place doesn't solve the problem, rather it makes it easier to bounce back and cope resourcefully. This is called refuge.

My refuge is the park! I love walking in the park.



## **(BONUS KEYS)**

Resources keep us steady and balanced by generating strength.

My resource is my mentor! I've heard that some people keep snacks in their purse/bag as a resource and it helps too.

# You Did It!

You have reached the end of the guide to discover your inner resilience.

Now you should be able to identify past barriers, challenges that have stopped you from progressing. To now move forward and create the life you truly desire.

If you would like to work with Sashe Omogiate, please email us at [info@sasheomogiate.com](mailto:info@sasheomogiate.com).

@iamsashe\_