



21-Day Leader's Guide to **RESILIENCE**

Fill Your Cup

By David Patchell-Evans





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CULTIVATING RESILIENCE

I'm David Patchell-Evans — better known as Patch. I am the founder and CEO of GoodLife Fitness, Canada's largest fitness club chain, fourth largest in the world and largest owned by a single owner.

I have learned a lot over my 41 years running this business. From my first gym in London, Ontario in 1979, to now over 400 GoodLife Fitness, Fit4Less, and Éconofitness clubs, 1.5 million members and over 11,000 employees, I have learned first-hand about the importance of resilience.

I believe, as a leader, resilience is one of the most important skills you can cultivate. How you recover from setbacks, adapt to change, and keep going in the face of adversity will ultimately dictate how successful you, your company, and your team will be.

The relevance of resilience couldn't be more significant than right now in the current state of the world.

Due to COVID-19, we made the difficult but important decision to close all GoodLife Fitness, and Fit4Less and Éconofitness clubs on March 16, 2020. We suspended all Member payments immediately. With no revenue coming in, we had to make the very hard decision to temporarily layoff the majority of our 11,000+ associates. To lessen their financial burden, we provided them with two weeks' compensation, and everyone enrolled in GoodLife's employee benefits plan continued to receive benefits.



“ Our purpose has always been to give every Canadian the opportunity to live a fit and healthy life. There is no moment in our history where that purpose is more important than right now. Like other businesses across the country, we are closing our doors to further limit the spread of this virus and to protect the most vulnerable in our community. It is the right thing to do.

- David Patchell-Evans,
March 16, 2020

I felt terrible. I was deeply concerned for my staff — my GoodLife family — and their families. I was also frustrated. There were now 1.5 million members who could no longer use our facilities for their own health and wellness.

I understand the stress this unprecedented situation has put on companies. It is totally out of our control. As leaders, we're used to controlling the variables and minimizing uncertainty. But now, the only certainty is uncertainty — a daunting concept to say the least.

Our ability to be resilient, right now, is paramount.



I learned resilience from a very young age. I grew up in a small apartment in the High Park area of Toronto. I saw my father die in a car accident when I was 8 years old, leaving my mom, Dorothy, to raise my two brothers and I. As a child, I knew that I needed to pitch in to help the family get by, so at 9, I did paper routes — five of them. I've had a job ever since. At 12, I started doing deliveries by bicycle for a pharmacy. I would give some of the money I earned to my mom. I saved the rest to pay for university.

Then, the motorcycle accident happened. I was two weeks into my first year at Western University when I had a horrific crash. A car pulled out in front of me, and I hit it going 80 km/h. I broke my clavicle and tore most of the muscles in my arm and chest. Doctors told me that with my injuries I could be permanently disabled. I was 19 years old. I knew I was going to do everything in my power to not accept what the doctors told me. I started eight months of rehab at the incredible Fowler Kennedy Clinic using state-of-the-art nautilus fitness equipment and completely rehabilitated myself. It was experiencing first-hand the amazing transformative power of exercise that led me to change my program from business to physical education. This was the beginning of my pursuit and passion for fitness.

To continue earning money to pay for my education, I started a snowplowing business. London is part of southwestern Ontario's snowbelt,

so business was good. It was just me, one Jeep with a plow on the front, and a lot of late nights. I remember making the promise to my customers that even if my Jeep broke down, I would shovel their parking lots by hand. I was dedicated. I was also very tired being awake all night clearing the constantly accumulating snow. I'd always make it to class, although staying awake once I was there proved to be a challenge.

I took up rowing, and in my third year I rowed competitively, all while taking a combined major in both business and physical education. I went on to win five Canadian National Rowing Championships. With the money from my snowplowing business, I eventually bought the gym where I had been training. It would later become the first GoodLife Fitness club.

With my mother's work ethic as fuel and passion propelling me forward, I was driven to give others a better life through exercise, and I ended up changing the face of the fitness industry in Canada. That said, my struggles continued. I've been tested. I remember the stress in the early days — in fact, I sold my house five times to ensure my staff were paid on time or to expand the company.

In my early 30s, I woke up one morning unable to move due to what would later be diagnosed as early-onset rheumatoid arthritis. Overnight, I went from training for the Olympics to not being able to turn a doorknob.

It's amazing how a health issue can stop you in your tracks. It's also amazing how it makes you realize how hard fitness is for non-athletic types. It made it clear to me that I needed to make sure our clubs were friendly to both the non-exerciser and athletic types.

By now, you're beginning to understand that the road to building GoodLife Fitness was paved with all sorts of challenges and risks and there were many opportunities to practice my resilience. Then, I hit a bump that was bigger than most.

In 1996, I was so excited to welcome my first child, Kilee, into the world. But as Kilee started to grow, she began showing the first signs of autism. At the time, I had no idea. Initially, we thought there was something wrong with her hearing. The doctor's diagnosis was a total sucker punch. They told us Kilee was "severely autistic, mentally retarded. Put her in an institution and go on with your life." I was scared.

I tried to "fix" her. I tried to change my reality instead of accepting it. In every other facet of my life, when I worked harder or dug in more, I reaped the benefits. I was at a fork in the road and I struggled to see the path forward. But then I changed the way that I was looking at things. A radical shift in perspective was needed.

I decided to put myself in her shoes and live like she did. I chose to love myself. It wasn't my fault. It was when I accepted her negative behaviours and chose only to focus on her positive behaviours that things began to change. Kilee did more of whatever I paid attention to, so if I only acknowledged the good behaviours, the bad behaviour became less and less.

There have been endless tests of my optimism. But being challenged — sometimes severely — is part of what activates resilience as a skill set. Kilee has taught me to focus on the good — to catch people doing things really well and to celebrate that. This was a turning point in my life. Celebrating the positive brings about more

positive things to celebrate, and my hope is that you will learn more about that for you — and your business — by using this Guide.

I wasn't able to see Kilee from March 7, 2020 to June 15, 2020. She has caregivers coming and going during the week. I, myself, am in my mid-60s and immunocompromised due to my rheumatoid arthritis. I can't risk contracting the virus. It's the longest I've ever been away from her. It's the hardest thing I've ever had to endure, and that includes my double-hip and partial femur transplant.

I believe everyone has a birthright to live long, to feel good, to have energy, and to have vitality. I'm in the business of making people believe in themselves and believe in their own capabilities.

And so, I share this guide with the hope of extending my passion to you.

One of my personal affirmations is: "Don't let the things you can't do stop you from doing the things you can." By using this guide, you will learn to focus on your spirit, mind, and body in support of building resiliency at a time when it is needed most.

I want to share my strategies for building resilience with you. I realize now, more than ever, we need to not only support each other, we need to support ourselves.

HOW TO USE THIS GUIDE



The goal of this 21-Day Guide is to inspire and support you with movement, reflection, and self-care practices. I, myself, do these things on a daily basis to keep a balanced body, mind, and spirit. They are all connected. All must be attended to.

This guide is a toolkit providing you with an enlightened perspective on the current status of your life. Through the disciplined development of a daily, 21-minute routine, you will increase your awareness of your internal world that will lead to increased confidence and calmness in your outside world.

You need to take care of yourself so you can be in the best frame of mind to lead through the unknown. In this climate, leaders must not only embrace uncertainty, we must learn how to thrive through it.

We all have our coping mechanisms to deal with stress. I am no exception. During this period of physical distancing and self-isolation, my wife has been dealing with stress by cooking and baking. That's how she copes. I, on the other hand, cope by eating more than my fair share. It's the perfect storm for my waistline.

The reality is, you may have fallen into your own “default mode” — maybe one that isn't productive or is even harmful to your health. Rather than reducing uncertainty and anxiety, you may be increasing both. Sometimes the things we do to make ourselves comfortable in the short term make us uncomfortable in the long run. This guide will show you how to change your default mode into one that makes you feel stronger, happier, and more in control.

WHY 21 DAYS?

Folklore has it, that it takes 21 days to form a habit. For 21 minutes each day for the next 21 days, you will learn the basics for you to change your perspective and ultimately, your approach to life. It is the repetition that will ingrain these valuable skills and practices into your mind, and it's only 21 minutes per day!

Find a simple and obvious cue each morning to remind you to take out your guide and do the work. Even better, book the appointment with yourself for the next 21 days. Maybe it's when you sit down with your morning cup of coffee or tea. Perhaps you leave the guide sitting on your laptop or keyboard, so when you sit down to start working, you're reminded to set your day up for success.

IMPORTANT: Do this **BEFORE** you look at your phone or open up your email. It is important you have a clear mind and are open to the personal growth.

HERE'S HOW THE FIRST 21 MINUTES OF YOUR DAY SHOULD GO:

5 MINUTES	SET YOURSELF UP FOR SUCCESS <ol style="list-style-type: none">1. Drink your first glass of water2. Record your sleep2. Read your Nutrition Tip4. Write down 3 things you will accomplish that day5. Do your Mental Health Check-In
5 MINUTES	STRETCH
5 MINUTES	FREE-FLOW JOURNALING
5 MINUTES	IGNITE YOUR SPIRIT <ol style="list-style-type: none">1. Gratitude2. Give Back3. Reward
1 MINUTE	MEDITATION WITH DAILY AFFIRMATION PROMPT

As a leader, you have to be strong, but you also must come from a place of kindness. This is a core belief of mine. That kindness must start with being kind to yourself; being gentle, taking care, and taking the time to acknowledge all the parts of your experience as a human being — mind, body, and spirit. The guide is broken down into sections to uniquely tend to each part.

By following this process, you will strengthen your self-compassion and, in turn, that will enable you to provide the type of compassionate leadership required to help your team successfully navigate these uncertain times as well.

I want you to win. By following these steps, you will strengthen your ability to be resilient and stay positive when life throws one hell of a shit storm your way.

In a world of half-full cups right now, by following this 21-Day Guide, you will develop the habits to keep you filling your glass. Life is 10% what happens to you and 90% how you react to it.

Let's get to work.

RESILIENT BODY



SLEEP



Sleep is key to your overall health and well-being. Unfortunately, it's often neglected in lieu of a few more hours of productivity, or it falls victim to an overactive mind.

Sleep is when your body takes the time to process, restore, and rejuvenate; muscle grows, tissues are repaired, and hormones are synthesized. Critically important to the mind of a leader, it is also during sleep that our brains take the time to process and store the incredible amount of information we've collected during the day.

Your target is for around 7 to 9 hours of quality sleep per night. Set yourself up for sleep success and create a relaxing

evening ritual. Limit your exposure to screens and other electronics to 30 minutes while you're trying to wind down. Stay away from caffeine and other stimulants in the 2 hours before bed. What I find works for me is reading something that is uplifting, happy, or funny.

Record how much sleep you got in the guide each morning. This will bring awareness to your sleep habits and indicate whether you need to make a consistent, good night's rest a bigger focus.



HYDRATION TRACKER



The human body is like a plant, or, for the purpose of this guide, like a flower. Every day, you need to water it. Exact amounts vary from person to person, but generally, a good benchmark to follow is 8 x 10 oz. glasses each day.

The purpose of drinking water far exceeds merely quenching your thirst or tending to a dry mouth. Your body uses water to get rid of wastes, lubricate and cushion your joints, protect your sensitive tissues, and keep your temperature regulated. So, start your day right — drink it up!

Your brain is also strongly affected by your hydration levels. Not drinking enough water can impair your energy and mood. It can even have adverse effects on your memory and overall cognitive performance.

Start off each day by “watering yourself.” Continue to fill your glass (8 times or more) throughout the day. Keep track by checking off a box next to a flower each time you finish a glass. Get ready to see how effective your body can be when it's properly hydrated.



NUTRITION TIPS



If knowledge is power, then your brain is the engine, and nutrition is its fuel.

Proper nutrition is so important when it comes to a healthy mind and body. What you consume has a direct impact on how you feel today, tomorrow, and in the future. Your diet can not only help you reach and maintain a healthy weight, it can reduce your risk of chronic illness like heart disease and cancer.

For each day of this guide, I have included a Nutrition Tip for you to read. I encourage you to take a moment and let this information sink in. I want you to bring awareness to what you are putting in your body and choose the right foods as often as you can.

You are what you eat, so nourish yourself and eat well.



5-MINUTE STRETCH



Demands of leadership can be strenuous.

Want to be more efficient? Have more energy? Perform at a higher level? You need to move your body. Fitness not only moderates stress, it promotes brain function.

I want you to read this next sentence slowly. Repeat three times.

My health is more important than my job.
My health is more important than my job.
My health is more important than my job.

A low-energy member of the leadership team is just as much a problem as a stressed out one. Decision making and attention suffer.

Above all, you set the example for your team. What kind of workforce do you want to lead? Be that. Set the pace for everyone else.

Each morning, I will lead you through a simple, 5-minute stretch. The goal is to get your body moving and blood pumping.

It will revitalize you, preparing you to tackle the day.

I personally do stretching routines anywhere and everywhere. When I'm travelling, I'm the guy at the back of the plane doing these stretches outside the washroom.

Through doing these same movements each morning for the next 21 days, you will commit them to memory and know you can do these simple things any time to change your mood.

The mind-body connection is a powerful thing. It is the link between your thoughts and feelings to physical symptoms. When you feel stressed, you feel it physically, psychologically, and emotionally. Changing the status of one of these elements has the power to positively affect them all.

Move your body to boost your mood and clear your brain fog. You'll achieve an overall sensation of well-being and relaxation. Thanks, endorphins!

THE 5 MINUTE STRETCH ROUTINE

SIDE TO SIDE TWIST AND STRETCH

20 REPS EACH SIDE



- Start with feet outside of shoulder width with both toes and heels straight.
- Bring your arms wide to each side.
- Twist and reach towards your opposite foot.
- Repeat on each side, standing tall in between each rep

ARM CIRCLES

10 CIRCLES EACH WAY



- Stand straight with shoulders tucked back. Knees unlocked; core engaged.

BODY WEIGHT SQUATS

20 REPS



- Start with feet shoulder-width apart.
- Hands extend out as you lower.
- Squat as low as you can but aim for just over 90 degrees.

CHEST AND TRICEP STRETCH

30-SECOND HOLD



- Start with each arm at 90 degrees in a door frame.
- Slowly walk your feet backwards as you lean into the door frame.
- If the stretch becomes too much, walk your feet back towards the door.

HAMSTRING STRETCH

20-SECOND HOLD EACH LEG



- Start with a stationary surface (like a chair) and put one leg upon it.
- Place your hand on your leg and slide down until you feel a stretch.
- Try and go further into that stretch each day.

FULL BODY WINDMILL

20 REPS



- Start with arms above your head.
- As you squat down, arms come down beside you, parallel to the ground.
- Repeat as you stand back up straight.

RESILIENT MIND

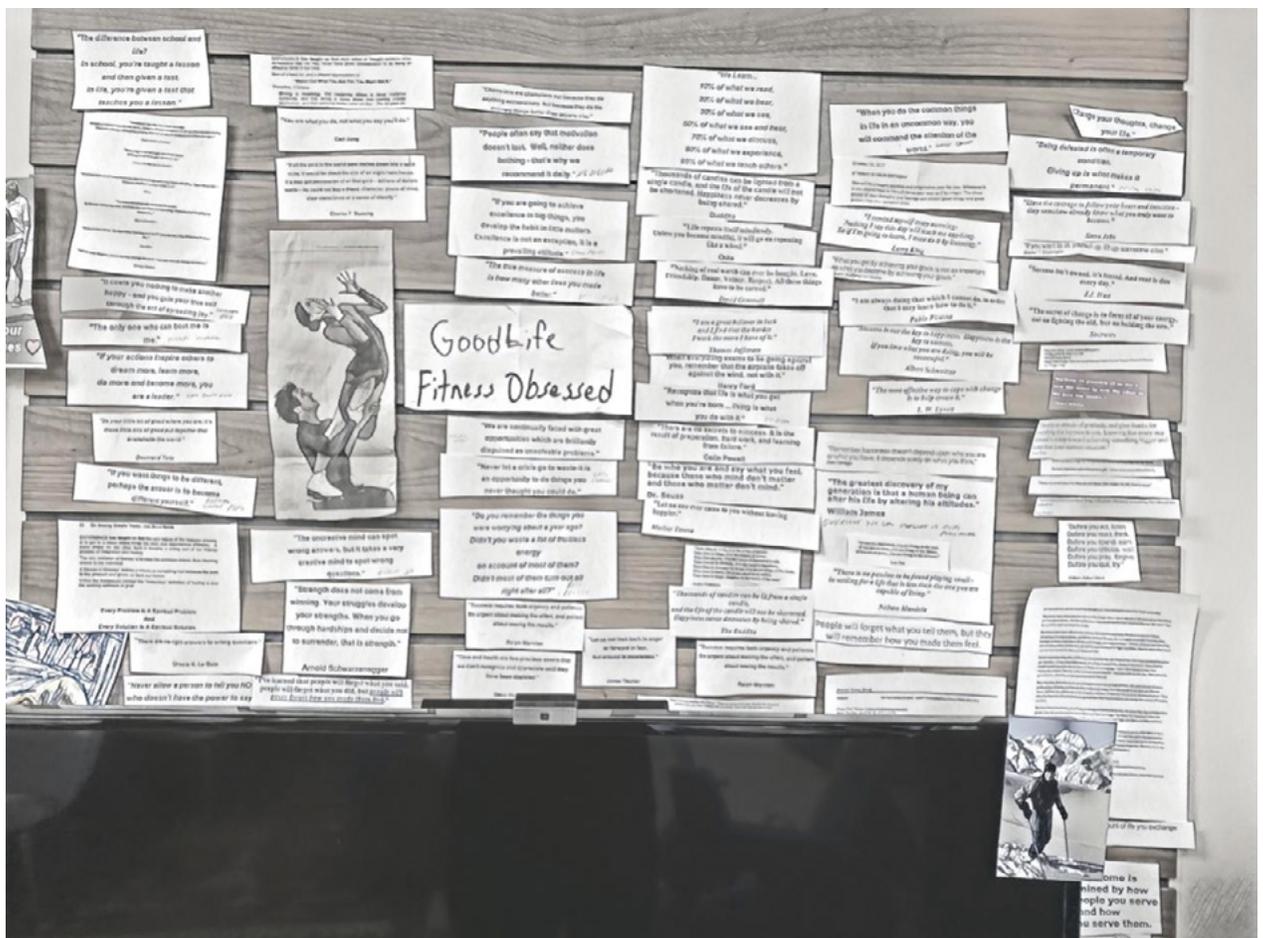


MOTIVATIONAL QUOTE



I collect quotes that remind me to think differently, evaluate my perspective, and keep me motivated. I have a wall in my office at home where I print off and post them. During the day, when I'm stuck on

a decision or a task, I stand in front of the quotes and scan the words. The quotes I've included at the top of each page in this Guide are actually from that wall of mine.





GOAL SETTING



Each morning, write down your top-3 priorities for the day. Keep to simple, small goals that can realistically be completed in that 24-hour period. Get them out of your head and onto the paper.

There's a science to this. By writing these down, you activate both sides of your brain — the creative, right hemisphere and the pragmatic, left hemisphere. When you can visually see what you want to get done, it

triggers your motivation and focus, all while reducing stress. Once written down, you can have better control over your emotions tied to those specific goals.

... and just wait for that moment when you get to check off that it's complete. Hello, dopamine! Connected to feelings of pleasure, learning, and motivation, that hit of dopamine will drive you to want to keep checking off more.



MENTAL HEALTH CHECK-IN



When it comes to our physical fitness, we know what we need to do to stay healthy. We have strategies and methods we use to take care of our bodies. Your mind needs the same support.

Being mentally healthy means feeling good about who you are, having balance in your life and in your thinking, and responding constructively to life's highs and lows. It includes your emotional, psychological, and social well-being.

For each day in the guide, I have included a mental health tip that can help you cope with the stresses of life and, when put into practice, will allow you to continue to work productively. They are positive lifestyle habits that will help keep you mentally

healthy, so you can get the most out of life. The state of your mental health will determine how you handle stress, relate to others, and make choices. Practice healthy thinking daily.

It is important to check in with yourself each day. How are you feeling? Write it down. By bringing awareness to your emotions, you help your brain to process them. You'll feel more in control. Plus, the cathartic process will help clear your mind for higher-level thinking.

You'll also have a record. Reading back through the Guide will provide valuable insight into your thought process and emotional life.



MEDITATION AFFIRMATION



What is meditation? I want to take any hesitancy or skepticism out of this for you.

The concept is simple. It's stopping yourself from thinking about everything that pops into your mind. Instead, you become the observer of your thoughts, letting them go as quickly as they come. Your focus stays on one simple idea or concept.

If you're completely new to the idea, the easiest thing to focus on is your breath. A usual automatic process for the body, by focusing on it, it becomes purposeful.

Try this. Set a timer for 1 minute. During this minute, I want you to focus solely on the following:

Breathe in to the stomach for 4 seconds.

Hold for 2 seconds.

Breathe out for 6 seconds.

Count in your head. Pay attention to how your breath feels as it enters your nose and fills your lungs. Congratulations, you just meditated.

Each day, I have included a different affirmation to guide your meditation. An affirmation is a phrase you repeat over and over. In this way, it's music to soothe the mind and body, leading it towards health. The idea is that during that minute you'll repeat that affirmation over and over. You can say it out loud or just in your head. It's up to you, whatever feels more comfortable. Sit comfortably. Place your hands gently on your lap. Set a timer. Close your eyes. Begin.

If your mind wanders, that's totally normal, just bring your thoughts back to the affirmation until the 60 seconds is up.

If you're a Type A personality, like most leaders including myself, this will be a challenge for you. Just keep going, and in 20 years, you'll eventually get the hang of it. It's like doing pushups for the first time. Even if you're terrible at it, you're still getting the benefits from it. You're developing muscle with every rep. Meditation is like pushups for your brain.

Meditation is a powerful tool for shifting your perspective, which can significantly improve your resilience. Calming the mind while having it focus on one simple thing helps to restore balance while increasing your awareness.

Don't get me wrong, there's nothing wrong with thinking. It's one of the things we're really good at. It's the over-thinking, worrying and getting caught up in the stories of the mind that causes the problems.

BONUS: Meditation increases your focus. It will help you notice the small things during your day, like a friend's smile or a beautiful flower. Plus, when you're stressed, you can always steal one minute to bring yourself back to a calmer place. It's not magic. It's just a skill that keeps improving like any other.

RESILIENT SPIRIT



JOURNAL



The core goal of a daily journal is to enhance your mental state.

Don't know what to write? Just write whatever is in your head at that exact moment. Put it on paper instead of letting it swirl around in your mind. Avoid the desire to structure the content or even write in complete sentences. Simply pick up a pen and write anything and everything that's going on in your busy mind. Bullet points are fine, too.

Perhaps you're drawing a blank; just observe your environment and write. Maybe your mind is buzzing with thoughts.

Get them down! From soul searching to self-reflection, anything goes in this space. Set a timer for 5 minutes and let the thoughts in your mind spill onto the page.

Keeping a journal has been shown to enhance your levels of self-trust. When you can look back and see how successfully you've navigated and dealt with important decisions and tricky situations in the past, you'll feel more confident in your ability to do so in the future.

Free your mind, and your good life will follow.



GRATITUDE



Every day, I want you to take the time to notice and reflect on things you're thankful for in your life. To make this easy, I have provided a different prompt each day to trigger your thought process.

Answer the prompt and sit for a moment with that thought. Feel free to include the reason why you appreciate that specific person or thing. Prepare for a warm, uplifting feeling; a smile may even make its way across your face.

Practicing gratitude can significantly increase your overall well-being and satisfaction with life. Doing this daily will remind you that while the current state of your being may be in turmoil, there is still goodness all around you. Focus on the good and more will come.

It had been well documented that people who regularly practice gratitude experience more positive emotions, feel more alive, sleep better, express more compassion and

kindness, and even have stronger immune systems.

This is a spiritual practice that gains momentum over time with practice. By spiritual, I mean it's good for your spirits! It's good for your mind and body. Allow yourself to feel. Allow yourself to be human.

Miss a day? No worries. Go back and fill it in, or just move forward. Do whatever feels right to you. There are no failures in this process, only learning and growing.



GIVE BACK



During challenging times, where stress is constant and struggle surrounds you, it's important to put things in perspective. Lift your head and look around. As tough as you think your life looks at the moment, there is always someone who needs help and is facing challenges beyond your imagination. Someone who could benefit from your kindness, your time, or your charity.

Each day, identify someone or something that you will help. It could be a colleague who would benefit from some words of encouragement, a charity in need of support that you will make a donation to,

or a friend or family member you will call and check in on.

Simply put, doing good feels good. Plus, giving back can actually stimulate portions of your brain which can reduce stress.

When you open your heart to humanity, you have the ability to make someone's world a little better, and it will make yours better in the process.

The best way to find yourself is to lose yourself in the service of others. ”
- Gandhi



REWARD



Each day, I want you to write down how you plan on celebrating the small victories of your day. It could be something as simple as enjoying a glass of your favourite wine or having a sweet treat after dinner. In congruence with this guide, it may be allowing yourself to get to bed at a specific time so you can guarantee you'll have at least 8 hours of shut eye. Perhaps it's listening to an episode of a podcast you

enjoy. Everyone's reward will be unique and relevant to them. Each day, your reward can be different.

The way a reward works in facilitating the formation of a new habit is that it gives your brain the incentive to want to repeat the action, which is a really important part of the habit-forming cycle. It keeps you motivated.

HOW RESILIENT ARE YOU?



The word ‘resilience’ comes from the Latin *resiliens*, meaning to rebound or recoil—an elastic response. How well do you bounce back from adversity? Take this assessment to find out.

Please respond to each item by marking <u>one box per row</u>		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
BRS 1	I tend to bounce back quickly after hard times	1	2	3	4	5
BRS 2	I have a hard time making it through stressful events	5	4	3	2	1
BRS 3	It does not take me long to recover from a stressful event	1	2	3	4	5
BRS 4	It is hard for me to snap back when something bad happens	5	4	3	2	1
BRS 5	I usually come through difficult times with little trouble	1	2	3	4	5
BRS 6	I tend to take a long time to get over set-backs in my life	5	4	3	2	1

To get your score, add together the numbers from each selected response for all six questions. This will give you a range from 6-30. Divide the total sum by 6.

MY SCORE: _____

SCORE

1.00-2.99
3.00-4.30
4.31-5.00

INTERPRETATION

Low resilience
Normal resilience
High Resilience



TIP Complete this assessment again after you’ve completed the guide to see how far you’ve come.

The Brief Resilience Scale (BRS) is a self-rating questionnaire aimed at measuring an individuals' ability to “bounce back from stress”. This instrument was developed by Smith, B.W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). *International Journal of Behavioral Medicine*, 15(3), 194-200.

1 DAY ONE

21-Day Leader's Guide to Resilience
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Date: _____

“Change your thoughts, change your life.”
- Dr Wayne W. Dyer, author

BODY

 **SLEEP** _____ Hours
_____ Minutes

 **5-MINUTE** Stretch

 **WATER ME, BABY!**

 **DAILY** Nutrition Tip

There's no better way to wake up than by drinking a tall glass of refreshing water. Make this a daily habit and you will be sure to reap all the benefits! Try adding some fresh lemon juice to your glass. This will help boost your immune system and kickstart digestion for the day. It's a great thing to do before consuming caffeinated beverages.

MIND

3 things I will accomplish today:

Today, I am feeling:

 **MENTAL HEALTH** Check-In

PRACTICE MINDFULNESS

Challenge yourself to stay in the present. That's mindfulness. It's being where your feet are. This practice can help keep you grounded when things feel completely out of control. Tune your thoughts to what you're sensing right now, rather than rehashing the past or imagining the future.

TODAY'S MEDITATION AFFIRMATION | **I AM STRONG.**

SPIRIT

GRATITUDE

One thing I am grateful for today is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

2 DAY TWO

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date:

"We are continually faced with great opportunities which are brilliantly disguised as unsolvable problems."
- Margaret Mead, cultural anthropologist

BODY



SLEEP ___ Hours
 ___ Minutes



5-MINUTE Stretch



WATER ME, BABY!



DAILY Nutrition Tip

Our bodies need a variety of nutrients. To ensure we are meeting this requirement, we need to eat a variety of vegetables. Every week for the next three weeks, try one new vegetable. If this seems too hard, just try to eat one vegetable per day. Everyone has to start somewhere!



MENTAL HEALTH Check-In

CHOOSE FACTS OVER FEAR

Seek out accurate information from credible sources — this will help you to avoid the fear and panic that misinformation creates and will allow you to feel more centered and balanced.

MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am feeling:

TODAY'S MEDITATION AFFIRMATION

I AM HEALTHY.

SPIRIT

GRATITUDE

Something I'm looking forward to is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

3 DAY THREE

21-Day Leader's Guide to Resilience
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Date: _____

“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.”
- Arnold Schwarzenegger, former Governor of California

BODY



SLEEP _____ Hours
_____ Minutes



5-MINUTE Stretch



WATER ME, BABY!

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

MIND

3 things I will accomplish today:

Today, I am **feeling**:



DAILY Nutrition Tip

For portion sizing on your plate, protein should be about the size of your palm, vegetables should be the size of two fists, and use two thumbs' worth of fat to cook or dress the meal.



MENTAL HEALTH Check-In

SEPARATE WHAT'S IN YOUR CONTROL FROM WHAT'S NOT

There are things you can do, and it's helpful to focus on those, like washing your hands, taking your vitamins, and limiting your consumption of news.

TODAY'S MEDITATION AFFIRMATION | I CHOOSE TO SEE THE GOOD IN PEOPLE.

SPIRIT

GRATITUDE

The biggest gift in my life right now is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

4 DAY FOUR

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date:

“The difference between school and life? In school, you're taught a lesson and then given a test.
In life, you're given a test that teaches you a lesson.” - Tom Bodett, author

BODY



SLEEP ___ Hours
 ___ Minutes



5-MINUTE Stretch



WATER ME, BABY!



DAILY Nutrition Tip

If it's in the house, it will be eaten. Don't depend on your willpower to avoid the chips, candy, cookies or other treats. Some of the smartest people in the world have tried to figure out how to make you addicted to those things. You are not weak for succumbing to foods that are in close reach. Just don't buy them.



MENTAL HEALTH Check-In

GET OUTSIDE

Go for a walk in your neighbourhood and get some fresh air. If the sun is shining, you'll also get your daily dose of vitamin D!

MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am feeling:

TODAY'S MEDITATION AFFIRMATION

I'VE GOT THIS.

SPIRIT

GRATITUDE

When I have a tough day,
my favourite thing to
cheer me up is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small
victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

5 DAY FIVE

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date: _____

“Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to an end, requires some of the same courage which a soldier needs.” - Ralph Waldo Emerson, essayist

BODY

 **SLEEP** _____ Hours
_____ Minutes

 **5-MINUTE** Stretch

 **WATER ME, BABY!**
○○○○○○○○

 **DAILY** Nutrition Tip

Prep time is vital. Life is busy, so carve out time once a week to do some meal prep. This can be chopping vegetables to have on hand, making healthy muffins or protein bars to snack on, or cooking meals that will last a few days in the fridge or freezer.

 **MENTAL HEALTH** Check-In

GET LOTS OF REST

Ensuring you get adequate sleep will help you to manage your stress. Take a look at your sleep habits and develop a bedtime routine. When I have a couple days where I'm short changed on sleep, I try to make it up over the next few nights. I find sleep is like a bank account. You can catch up.

MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am feeling:

TODAY'S MEDITATION AFFIRMATION | **I AM CALM.**

SPIRIT

GRATITUDE

A person I feel grateful for is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

6 DAY SIX

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date:

"If you want things to be different, perhaps the answer is to become different yourself."
- Norman Vincent Peale, minister

BODY



SLEEP _____ Hours
_____ Minutes



5-MINUTE Stretch



WATER ME, BABY!



MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am feeling:



DAILY Nutrition Tip

Eat in a relaxed environment as much as possible. Sit down to eat. Better yet, eat with friends or family. We tend to eat unhealthy items when standing up, driving or working at a computer.



MENTAL HEALTH Check-In

STAY CONNECTED

Stay connected with family, friends, and support networks. It's easy to withdraw from others and shut down when you feel stressed. Now more than ever, it's important to talk to trusted friends about how you're feeling. Remember to check in with them too and ask how they are doing.

TODAY'S MEDITATION AFFIRMATION

I LOVE MYSELF.

SPIRIT

GRATITUDE

The skill I possess that I am most grateful for is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

7 DAY SEVEN

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date: _____

“Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.”
- Desmond Tutu, South African cleric

BODY



SLEEP _____ Hours
_____ Minutes



5-MINUTE Stretch



WATER ME, BABY!

○ ○ ○ ○ ○ ○ ○ ○ ○ ○



DAILY Nutrition Tip

Make as much of your own food as possible, or choose meal delivery services or restaurants that have healthy options. It's important to be aware and make smart choices when dining out. A good hack is to have breakfast for lunch or dinner. It's relatively easy to make in a healthy fashion, even in a restaurant. Eggs, veggies, sourdough toast, and some fresh fruit are filling and full of protein, high-quality fats, and moderate carbohydrates.

MIND

3 things I will accomplish today:

Today, I am feeling:



MENTAL HEALTH Check-In

ACTS OF KINDNESS

Be kind to both yourself and to others. A simple act of kindness not only makes others feel good, you'll feel good about doing it. Kindness also helps reduce stress and provides positivity during difficult times.

TODAY'S MEDITATION AFFIRMATION | I RELEASE TENSION AND STRESS.

SPIRIT

GRATITUDE

The risk I am most grateful for having taken is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

8 DAY EIGHT

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date: _____

“People often say that motivation doesn't last. Well, neither does bathing – that's why we recommend it daily.”
- Zig Ziglar, author

BODY

 **SLEEP** _____ Hours
_____ Minutes

 **5-MINUTE** Stretch

 **WATER ME, BABY!**
○○○○○○○○

 **DAILY** Nutrition Tip

Good news! Coffee is healthy. It's high in antioxidants, and studies have linked coffee intake to longevity and a reduced risk of numerous illnesses. Just be sure to avoid too much sugar or sweet-flavoured creamers.

 **MENTAL HEALTH** Check-In

TAKE CARE OF YOUR BODY

It's more important than ever to take care of your body. A healthy immune system is better equipped to fight infection. Give your body what it needs by staying active, getting lots of rest, eating nutritious foods, drinking plenty of fluids, and managing stress levels.

MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am feeling: _____

TODAY'S MEDITATION AFFIRMATION | **I FEEL GOOD.**

SPIRIT

GRATITUDE

Something in the room I am grateful for is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

9 DAY NINE

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date: _____

“Let us not look back in anger or forward in fear, but around in awareness.”
- James Thruher, cartoonist

BODY



SLEEP _____ Hours
_____ Minutes



5-MINUTE Stretch



WATER ME, BABY!

○ ○ ○ ○ ○ ○ ○ ○ ○

MIND

3 things I will accomplish today:

Today, I am feeling:



DAILY Nutrition Tip

Use spices! When trying to eat 'healthy,' people complain of bland food. Experiment with spices and use them to add flavour to your dishes.



MENTAL HEALTH Check-In

TAKE BREAKS FROM THE NEWS

Staying informed is important, but avoid information overload. When the news is mostly negative, it can be overwhelming and take a toll on your mental health. Do your best to limit your news consumption and Always seek out trusted news sources.

TODAY'S MEDITATION AFFIRMATION | **I AM RESILIENT.**

SPIRIT

GRATITUDE

A song that always makes me feel happy is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

10 DAY TEN

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date:

“Success requires both urgency and patience. Be urgent about making the effort and patient about seeing the result.”
- Ralph Marston, football player

BODY



SLEEP ___ Hours
 ___ Minutes



5-MINUTE Stretch



WATER ME, BABY!



DAILY Nutrition Tip

Aim to get a serving of protein every time you have a meal or snack. Meat and eggs are very rich sources and you can also explore seeds, nuts, legumes, and beans.



MENTAL HEALTH Check-In

FIND NEW ROUTINES

With many of our daily activities disrupted, creating routine in your days can help provide much needed structure. Create a new normal for yourself. Set a schedule. Make a to-do list each day. Make time for meals. Rest and move your body.

MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am feeling:

TODAY'S MEDITATION AFFIRMATION

I HAVE A BRIGHT FUTURE.

SPIRIT

GRATITUDE

A recent time when I truly felt at peace was...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

11 DAY ELEVEN

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date:

“Being defeated is often a temporary condition. Giving up is what makes it permanent.”
- Marilyn vos Savant, columnist

BODY



SLEEP ___ Hours
 ___ Minutes



5-MINUTE Stretch



WATER ME, BABY!



DAILY Nutrition Tip

Buy as close to home as possible. Try to eat locally as much as you can. This will lead you to eating foods that are in season. For example, berries through the summer months and root veggies in the fall.



MENTAL HEALTH Check-In

LISTEN TO MUSIC

When we're young, we listen to lots of music. We tend to listen to less as we age. Bring some rhythm back into your life.

MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am feeling:

TODAY'S MEDITATION AFFIRMATION

I AM GRATEFUL FOR ALL I HAVE.

SPIRIT

GRATITUDE

A friend who I can always rely on is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

12 DAY TWELVE

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date:

“When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.”
- Henry Ford, industrialist and businessman

BODY



SLEEP ___ Hours
 ___ Minutes



5-MINUTE Stretch



WATER ME, BABY!



MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am feeling:



DAILY Nutrition Tip

Keeping a food journal is very beneficial. Journaling brings awareness to what you're eating, how much you're eating, and helps you identify patterns in your eating habits.



MENTAL HEALTH Check-In

PRACTICE GRATITUDE

It's important to find ways to stay positive during hard times. Practicing gratitude allows you to focus on the present and appreciate all the good things that you do have. Whether it's your health, your loved ones, a sunny day, or a good meal, there is always something to be grateful for.

TODAY'S MEDITATION AFFIRMATION

I AM BRAVE.

SPIRIT

GRATITUDE

The biggest accomplishment in my career this far is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

13 DAY THIRTEEN

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date:

“When you forgive, you in no way change the past — but you sure do change the future.”
- Bernard Meltzer, radio host

BODY



SLEEP ___ Hours
 ___ Minutes



5-MINUTE Stretch



WATER ME, BABY!



DAILY Nutrition Tip

For healthy skin, start from the inside. Fish like salmon or mackerel have omega-3 fatty acids, which help fight inflammation in the body. In addition, be sure to eat your veggies and drink plenty of water.



MENTAL HEALTH Check-In

TALK ABOUT YOUR FEELINGS

If you're feeling overwhelmed and finding it difficult to cope with what's happening around you, share those feelings with the people who care about you. Your friends and family can provide support and reassurance, helping you see things from a different perspective. They may also be experiencing similar emotions, which will help you feel less alone and encourage a dialogue of support for each other.

MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am feeling:

TODAY'S MEDITATION AFFIRMATION

I CAN HANDLE ANYTHING LIFE THROWS AT ME.

SPIRIT

GRATITUDE

A mistake I've made, which ultimately led to a positive experience, was...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

14 DAY FOURTEEN

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date:

“The greatest discovery of my generation is that a human being can alter his life by altering his attitudes.”
- William James, philosopher

BODY



SLEEP ___ Hours
 ___ Minutes



5-MINUTE Stretch



WATER ME, BABY!



DAILY Nutrition Tip

Eggs are great if you're looking to lose weight. They're high in healthy fats, protein, and will make you feel full and satisfied with a low number of calories. Eggs are nutrient dense, too, just don't skip the yolk!



MENTAL HEALTH Check-In

ALLOW YOURSELF TO FEEL

The world is going through unprecedented times, and you may be experiencing a wide range of emotions. It's important to acknowledge what you're feeling, and know that those feelings and emotions are valid. You're strong, you're doing great, and you're not alone.

MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am feeling:

TODAY'S MEDITATION AFFIRMATION

I AM COURAGEOUS.

SPIRIT

GRATITUDE

My favourite spot in my home is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

15 DAY FIFTEEN

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date:

"The most effective way to cope with change is to help create it."
- L.W. Lynett, IBM executive

BODY



SLEEP _____ Hours
_____ Minutes



5-MINUTE Stretch



WATER ME, BABY!



DAILY Nutrition Tip

Need a pick-me-up to get you through the day? Try incorporating a banana and tablespoon of nut butter into your diet. This combination of potassium and healthy fats help you to feel energized, without the crash of a caffeinated drink.



MENTAL HEALTH Check-In

CHECK OFF YOUR DAILY ACCOMPLISHMENTS

Keep a running list of things you accomplish every day. Finished a workout? Check! Washed the dishes? Check! Big or small, the act of crossing off a completed task will give you a sense of accomplishment and purpose, and will keep you motivated throughout the week.

MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am **feeling**:

TODAY'S MEDITATION AFFIRMATION

I CHOOSE TO BE HAPPY.

SPIRIT

GRATITUDE

My life is more positive today than it was a year ago because...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

16 DAY SIXTEEN

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date:

“Remember, happiness doesn't depend upon who you are or what you have; it depends solely on what you think.”
- Dale Carnegie, writer and lecturer

BODY



SLEEP ___ Hours
 ___ Minutes



5-MINUTE Stretch



WATER ME, BABY!



DAILY Nutrition Tip

Feed your brain with leafy greens like spinach, kale, collard greens, and broccoli. They are all high in potassium, folate, and fibre — great for your gut and your mind.



MENTAL HEALTH Check-In

BE SELF-AWARE

It is helpful to be aware of the effects certain thoughts or behaviours can have on your stress levels. Whether it is checking the news one too many times or going too long without exercise, the presence or absence of these things can contribute to negative emotions. Be aware of what variables can trigger you to feel more stressed. Replace them with thoughts that make you feel good, like the last great sunset you saw.

MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am feeling:

TODAY'S MEDITATION AFFIRMATION

I AM POSITIVE.

SPIRIT

GRATITUDE

My favourite part of my daily routine is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

17 DAY SEVENTEEN

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date:

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”
- Socrates, philosopher

BODY



SLEEP ___ Hours
 ___ Minutes



5-MINUTE Stretch



WATER ME, BABY!



DAILY Nutrition Tip

Probiotics help to ensure we have an ample amount of healthy bacteria in our guts for better general health and a stronger immune system. Foods high in probiotics include yogurt, kefir, sauerkraut, kombucha, and pickles.



MENTAL HEALTH Check-In

HAVE A GOOD LAUGH

Laughter can really be the best medicine. It releases physical tension and stress and has also been shown to increase immunity — two things that are incredibly important right now. So, watch a funny video or call a friend who makes you laugh.

MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am feeling:

TODAY'S MEDITATION AFFIRMATION

I CAN DO THIS.

SPIRIT

GRATITUDE

I recently laughed really hard when...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

18 DAY EIGHTEEN

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date:

“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.”

- Brian Tracy, public speaker

BODY



SLEEP ___ Hours
 ___ Minutes



5-MINUTE Stretch



WATER ME, BABY!



DAILY Nutrition Tip

Try not to think of certain foods as “off limits.” When you ban certain foods, it’s natural to want those foods more, and then feel like a failure if you give in to temptation. Start by reducing portion sizes of unhealthy foods and not eating them as often. For example, I’ve gone from sweet potato fries to baked sweet potatoes. Much healthier and tastier!



MENTAL HEALTH Check-In

GIVE AND ACCEPT SUPPORT

Take this opportunity to connect. We’re all going through a shared experience. Opening up to others by both giving and receiving support can strengthen our community and remind us that we’re not alone.

MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am **feeling**:

TODAY'S MEDITATION AFFIRMATION

I HAVE THE POWER TO CONTROL MY THOUGHTS.

SPIRIT

GRATITUDE

A book I am grateful for having read is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

19 DAY NINETEEN

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date:

“Champions are champions, not because they do anything extraordinary,
but because they do the ordinary things better than anyone else.”
- Chuck Noll, football player

BODY



SLEEP ___ Hours
 ___ Minutes



5-MINUTE Stretch



WATER ME, BABY!



DAILY Nutrition Tip

Eating mindfully means paying attention. You're aware of what you're doing, aware of your body, and aware of how you are feeling. By eating mindfully, you are more likely to skip the cravings and have a healthier relationship with food.



MENTAL HEALTH Check-In

MAKE TIME FOR MEDITATION

Meditation is an amazing practice that allows you to turn off the outside world. The practice will help reduce stress by calming your mind and settling your body. Allow yourself a little time each day to go into a place of complete stillness and relaxation. A simple 5- or 10-minute pause for meditation will help you stay more focused, reduce your stress, and can even help you sleep better at night.

MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am **feeling**:

TODAY'S MEDITATION AFFIRMATION

I SEE THE GOOD IN LIFE.

SPIRIT

GRATITUDE

The freedoms I am most grateful for are...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

20 DAY TWENTY

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date: _____

“Success isn't owned, it's leased. And rent is due every day.”
- J.J. Watt, football defensive end

BODY

 **SLEEP** _____ Hours
_____ Minutes

 **5-MINUTE** Stretch

 **WATER ME, BABY!**
○○○○○○○○

MIND

3 things I will accomplish today:

- _____
- _____
- _____

Today, I am **feeling**: _____

 **DAILY** Nutrition Tip

Sugars are often hidden in unlikely foods, from salad dressings to juices. Read the label! By cutting back on hidden sugars, you may be able to help prevent sugar cravings. Sugars are addictive. You feel short-term pleasure, but long-term pain in the draining on your energy, vitality, and life, not to mention the potential for an increased waistline. In fact, when you crave sugar, have a little bit of healthy fat, like a handful of nuts.

 **MENTAL HEALTH** Check-In

KEEP A JOURNAL

Journaling is a great outlet to get creative and express yourself. Studies have shown that keeping a journal is a highly effective stress-management tool that helps the brain regulate emotions. The simple practice of writing things down helps you stay present and mindful of your emotional and mental well-being.

TODAY'S MEDITATION AFFIRMATION | I AM LETTING GO OF ALL THAT DOESN'T SERVE ME.

SPIRIT

GRATITUDE

Some qualities I love about my closest friend are...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.

21 DAY TWENTY ONE

21-Day Leader's Guide to Resilience
By David Patchell-Evans

Date: _____

“If you want to lift yourself up, lift up someone else.”
- Booker T. Washington, educator

BODY



SLEEP _____ Hours
_____ Minutes



5-MINUTE Stretch



WATER ME, BABY!

○ ○ ○ ○ ○ ○ ○ ○ ○ ○



DAILY Nutrition Tip

Try to incorporate up to three vegetarian or vegan meals per week. This will reduce your total meat consumption and increase the amount of vegetables you are consuming.



MENTAL HEALTH Check-In

DO SOMETHING YOU ENJOY

Make time to incorporate small things into your day that spark joy. Whether it's cooking, reading, spending time in nature, or having a cup of coffee, it's important to have things to look forward to daily.

MIND

3 things I will accomplish today:

Today, I am feeling:

TODAY'S MEDITATION AFFIRMATION | I AM STRONG WHEN I ASK FOR HELP.

SPIRIT

GRATITUDE

One aspect of my health that I am most grateful for is...

GIVE BACK

Today, I will help

by

REWARD

I will celebrate today's small victories by...



JOURNAL ...

Allow your thoughts to flow freely.

A large, empty, light gray rectangular area intended for journaling or writing.



ABOUT DAVID PATCHELL-EVANS

David 'Patch' Patchell-Evans is the founder and CEO of GoodLife Fitness, Canada's largest fitness club chain, fourth largest in the world and largest owned by a single owner. Patch opened his first gym in London, Ontario in 1979 and has grown the company to almost 400 GoodLife Fitness, Fit4Less, and Éconofitness clubs across Canada. With 1.5 million members and 11,000 Associates, GoodLife is helping to transform the health and wellness of 1 in 25 Canadians every day.

A global advocate for health and fitness, Patch is the founder and president of canfitpro, Canada's largest fitness education and certification body, and the past Chair of the IHRSA Board of Directors, the world's leading health and fitness association representing 78 countries.

A two-time best-selling author, award-winning entrepreneur, five-time Canadian Rowing Champion and a notable philanthropist, Patch and GoodLife have received over 25 National and International awards including the International Iconic Brand Award, Canada's Best Managed Companies, Canada's Best Gym, and Canada's Most Admired CEO. In 2012, Patch received an Honorary Doctorate of Laws Degree from Western University. Patch was also the recipient of the 2019 Lifetime Achievement Award at the Ontario Business Achievement Awards for being a proven achiever and strong contributor to Ontario's economy; a pioneer in his industry who has had a positive impact on the province. In 2020, he is being inducted into the Canadian Business Hall of Fame.



Patch and GoodLife have given over \$40 million to various non-profits across Canada. In 2007, he was awarded the Medal of Honour by the Canadian Medical Association for his passionate support of autism research and the founding of The Kilee Patchell-Evens Autism Research Group. In 2012, GoodLife Fitness pledged \$5 million to the Peter Munk Cardiac Care Centre at University Health Network, establishing the first-of-its-kind private/public collaboration to help the estimated 1.3 million Canadians suffering from heart disease.

In 1998, Patch created the GoodLife Kids Foundation to help provide physical activity opportunities to children with special needs. Since 2012, over \$6.1 million has been raised through the Spin4Kids annual event. As a result, the lives of over 257,000 kids, in 98 communities across Canada, have been positively impacted through physical activity opportunities.

Patch knows that together we are stronger. He also believes that if you make a decision to care for people, they will sense it, and react positively to you. That's how he's built his business, and his life.

THANK YOU

Thank you for taking 21 minutes a day for the past 21 days. If you're feeling good, repeat. Every successful athlete, business person, and leader repeats what works. My hope is that you'll continue on your journey to build resilience, and ultimately, happiness.

All the best.