

# BECOME UNSTOPPABLE



## RESILINATOR™ DAILY CHALLENGES

No one becomes resilient in a minute, an hour, or even a day. Resilience is built over time. Our Resilinator challenge is broken into 18 parts that build on one another. Do at least one a day, and take as much time as you need to complete the challenge thoughtfully. Use your Resilinator scorecard to record your answers (included on last page). Make it your goal to complete all 18 challenges and turn in your scorecard at the Resilinator for prizes.

*Note to teachers, coaches, community leaders: For permission to utilize this challenge in a group setting, and to receive additional resources, email Betsy Grams, Executive Director of CycleHealth. [betsy@cyclehealth.org](mailto:betsy@cyclehealth.org)*

*Thank you to Dr. JoAnne Hoffman, Mental Health Director, South Lake Pediatrics; Kid Advisory Panel (KAP) KAPtain Wesley Donaldson; and KAP member Josephine Donaldson, for contributing to this project. Other resources: Do Hard Things, Alex Harris and Brett Harris, 2008; Be the Boss of Your Stress, Culbert and Kajander, 2007*

## 1 "SQUARE 1" *DEFINING THE TARGET*

**LEARN** Look up the word resilient in a dictionary.

**THINK** Isn't it a cool word? Think about what it means to be resilient.

**ACT** On your scorecard, write two words that remind you of resilient.

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## 2 "WHY IT MATTERS" *ROLE MODELING*

**LEARN** Life has lots of good times and some hard times too. None of us gets to have only good days. How you react to hard things depends on how resilient you are. Being resilient helps you through the hard times and ready to do the great things you were meant to do.

**THINK** When is it most important to be resilient? When things are going well, or when things are kind of hard?

**ACT** Write down the name of someone you think of as resilient. It could be someone you know, or someone you have learned about.

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## 3 "WHY LOSING CAN BE AWESOME!" *PERSEVERANCE*

**LEARN** Do you know that one of America's greatest presidents was really a big loser? That's right. Abraham Lincoln lost more elections than any president in history. It must have been so discouraging for him. Who would have blamed him if with each loss he also lost confidence and quit before even trying to become president? Fortunately, he turned losses into Awesome. The lesson of Abe's life that applies to all of us is how to view losing as preparation for something bigger. Losing helped him to become fearless. It was the key to him becoming so resilient and having the courage to lead the country through the toughest of times.

**THINK** About the lesson of Abe's life. Can you see how you too can turn your own losses into strength and fearlessness for awesome?

**ACT** How many elections did Abraham Lincoln lose before he became President? What is the mental toughness trait you most admire about him?

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#### 4 “ENTER THE RACE” *COMMITMENT*

**LEARN** Who do you think runs more miles, people who are registered for a marathon, or people who are thinking about registering? Research shows that wanting something isn't enough; you have to commit to it. We call it Entering the Race. It takes guts to enter the race. Abe Lincoln showed his guts when he entered the race for president.

**THINK** Have you committed to racing in the Resilinator yet? If not, consider making a commitment to yourself today. You can do it!

**ACT** Register to race in the Resilinator.

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#### 5 “GET HORSEPOWER-ED” *TEAMWORK*

**LEARN** If one horse can pull 2,500 pounds, how many pounds can two horses pull? You might think 5,000 pounds. Not so. A study of horses revealed that a single horse could pull an average of 2,500 pounds. The test was repeated with two horses. You'd expect the weight pulled to double — to about 5,000 pounds. Not so. Two horses working together pulled 12,500 pounds! That's five times the amount one could pull alone. There is power in teamwork! “There's something inside a living being that rises to accomplish exponentially greater things when part of a team,” said Dylan and Alex Harris in their book, *Do Hard Things*.

**THINK** If you haven't done so already, choose your buddy for the Resilinator.

**ACT** Write his/her name on your scorecard. Talk to your buddy about your commitment to teamwork. If you would like us to help you choose a buddy for the race, we have lots of kids lined up to race from our Kid Advisory Panel. Just write KAP on your scorecard, and your buddy will be waiting for you at the race!

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#### 6 “GARBAGE TIME” *PURGING NEGATIVITY*

**LEARN** It's easy for all of us to think bad thoughts about ourselves. For example, some kids say to themselves, “I'm not good at math, and I'll never understand it.” The trouble is, if you think negative thoughts about yourself a lot, it's hard to be confident.

**THINK** What is a negative thought you sometimes have about yourself?

**ACT** Write it on a separate piece of paper. Then crumple the paper into a ball, and toss a long shot into the garbage. You are literally throwing away the negativity. If you find the bad thought creeping back into your thoughts again, repeat the garbage time exercise. Each time you do it, check a box on your scorecard.

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## 7 "NO OR GO?" *COURAGE*

**LEARN** Every day, we meet kids who are perfectly capable of doing our races, but they say No. At the same time, we keep meeting kids like Aidan, a CycleHealth racer who, even though born with physical challenges, keeps saying Go. Now Aidan does all our races. The difference between kids who say No and kids- like Aidan - who say Go is... Attitude. We have found that kids who say Go on a regular basis are also the most resilient kids.

**THINK** Aidan could easily choose to not do our races, and no one would argue with him. But he is a Go kid. Think about your attitude for a moment. Are you more of a No kid or a Go kid?

**ACT** Decide today that you are a Go kid. Then tell someone - your buddy or someone else you trust - that you want to Go for it in life! Explain to that person the difference between a No kid and a Go kid. Write it down on your scorecard.

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## 8 "GET BOB-IFIED" *STICKTUITIVENESS*

**LEARN** At what age are you too old for physical adventure? If you ask Bob Powers, he'll say you're never too old! This summer Bob turns 92, and will race several times as the nation's oldest triathlete. Bob has a message for CycleHealth kids. Watch it at <http://cyclehealth.org/video/>

**THINK** What's different about Bob compared to other older people who are not active? Imagine how the world would be different if all people would act and think like Bob.

**ACT** Write down one phrase from Bob's video that you think you'll remember the most.

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## 9 "THE OOZE-AWAY" *STRESS RELIEF THROUGH SWEAT*

**LEARN** Whether from homework, stuff going on with other kids or pressure in sports, all kids go through times when stress builds. When this happens, start sweating as soon as you can. Even if you don't love running, try it because running might be the fastest and easiest way to get relief from stress. When your feet are pounding the ground, your heart is beating hard in your chest, and you are sweating, your stress will begin to ooze away.

**THINK** Did you know sweat is one of the easiest and most effective ways to reduce stress? And... it's free!

**ACT** Try it out. Take 20+ minutes today and work up a sweat. On your scorecard, record what activity you did to get sweaty and how many minutes you did it.

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## 10 "BE A HOT AIR BALLOON" *LETTING GO OF FEARS*

### LEARN

When we get afraid of something, our bodies take over and get ready to run away or to fight or just freeze, even though those options don't give us the result we want. This may make us sweat, breathe hard, feel our hearts pounding or even feel like throwing up. When our bodies do this, we feel even more afraid.

### THINK

Practice taking control of your body so that when you are feeling fear, you can feel your fear floating away.

### ACT

Sit up straight as your head stretches to the clouds. As you are breathing in, fill your belly with air as you count slowly to 2. Feel yourself lifting into the clouds and watch as your fears fall away. Let all the air out as you count to 4. Feel the fears get farther and farther away until they disappear. Do this for 5 breaths as your body relaxes. When your body relaxes, so does your mind. Check a box on your scorecard each time you do it.

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## 11 "NOW & LATER" *DELAYED GRATIFICATION*

### LEARN

From Tony Schiller, CycleHealth Chief Motivator. *It was the coolest thing I'd ever seen. A hot red, Schwinn Stingray Fastback. With this bike, I knew I'd be the envy of all the other 10 year olds in St. Paul. I wanted it now. My mom agreed to pay for half the cost of the bike, but the rest was up to me. The problem was, I had no money. It took me 30 days of doing odd jobs in the neighborhood to earn my half. It was really hard to wait. Now almost 50 years later, I've owned dozens of world class bikes, but can honestly say I haven't treasured any of them like I treasured my Stingray. Working so hard to earn it made me more resilient.*

### THINK

We can't have everything we want every moment we want it. And, if everything you want is given to you, we'll never know how strong you are or how hard you're willing to work for what you want.

### ACT

Ask an adult you admire to tell you about a time he or she wanted something now, but had to wait until later. Tell them the concept is delayed gratification. On your scorecard, write the name of the person you talked to, and write down how delaying gratification had a positive impact on him or her.

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## 12 "DIGITAL DOWN" *BREAKING PRE-OCCUPATION*

### LEARN

We all love our digital devices. They keep us connected, entertained, and they can help us learn. But, too many of us take it too far. Scientists say Americans spend an average of 8 hours a day (outside of work or school) on phones and other devices. It's hard to become more resilient when we're so distracted by our electronics.

### THINK

If we asked you to step away from all your electronics (TV, phone, tablets, video games, etc) for two hours during your free time after school or work, how hard would it be for you? How about for other people in your family?

### ACT

Do it. Take time during your free time after school or work with no electronics. Challenge your Resilinator buddy or family member to do it too. On your scorecard, record the number of minutes in a row you spend each day for seven days without using any digital devices. See if you can increase your minutes each day. Total them at the end of seven days.

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### 13 “GETTING UNSTUCK” *CHANGING YOUR THINKING*

**LEARN** Do you ever get stuck? I mean really stuck, when you are so frustrated or mad or sad that you just can't do anything? Lots of kids and adults have this happen and it can really ruin your day. Well guess what, you can change that with some practice!

**THINK** What situations can make you feel stuck?

**ACT** Take a separate piece of paper and make two lists. Call one list “I think” and call the other list “I can change my thought”. Here are some examples: “I am the worst kid on the team.” Change that thought to: “I try my hardest and I support my teammates.” Or “I am really bad at math.” Change that thought to: “Math can be hard for anyone. I will need to get help and practice to get better.” Kids that seem to be so good at things do this for themselves all the time. Practice and you will too! On your scorecard, write two examples from your list: one example of thinking that kept you ‘stuck,’ and one example of your new ‘unstuck’ thinking.

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### 14 “LET GO AND GET LOOSE” *RELEASING TENSION*

**LEARN** Everybody gets nervous or worried sometimes. Sometimes we can get so nervous it is hard to do the very thing that we need to do or want to do. This could be before talking in front of the class, before going to a new class, to camp or a taking a test. When that happens, it can sometimes help to just shake it out. Give it a try! ( Be the Boss of Your Stress, Culbert and Kajander, 2007.)

**THINK** What situations make you the most nervous or worried?

**ACT** Start with a positive attitude and a comfortable place to lie down. Practice tightening and relaxing your muscles. Tighten your muscles for 3 seconds and then relax them, starting at your feet. Notice how it feels. Move to your leg muscles and on to your hips. Each time hold tight for 3 seconds and then relax. Now tighten your stomach and notice how it feels a little hard to breathe. Pull up your shoulders. Tighten your arm muscles. Make fists with your hands. Hold each time and let go. Clench your teeth, squeeze your eyes closed, tighten your forehead. Relax. Now tighten your whole body at once. Let go. You should feel loose and relaxed! Mark your scorecard.

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### 15 “1 SHOT - 1,000 TIMES” *FOCUSED PRACTICE*

**LEARN** When basketball legend Kareem Abdul Jabbar was just 16, he took an idea to heart. Instead of practicing thousands of different kinds of shots from all over the court, he chose one kind of shot and practiced it thousands of times. This is how he mastered the sky hook, an unstoppable shot that made him the NBA's all-time leading scorer.

**THINK** What is one thing you love to do, and want to get really great at doing? Now break it down to a specific skill you can see yourself practicing thousands and thousands of times. Imagine if you did that where it could take you in life.

**ACT** Write the skill idea down on your scorecard. Then begin your practice!

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## 16 "THE 5% DIFFERENCE" COMMITMENT

### LEARN

From Tony Schiller, CycleHealth Chief Motivator. *Most men never shave their legs. So you can imagine how surprised I was when I discovered the world's best triathletes all shaved their legs. They said it made them faster. I wanted to be faster too, but the idea of shaving my legs embarrassed me, so I decided not to do it. I kept hearing the only reason I wasn't winning was because I had hairy legs. So finally I shaved my legs, and believe it or not, I won my first race. Did I win because I shaved my legs? No. But, shaving my legs was my 5% difference. It helped me realize that I had only been giving 95%. By shaving my legs, I was giving 100% commitment to my sport. From that day on, I started to believe I could win, and that belief made all the difference.*

### THINK

When you get up in the morning and get ready for school or work, do you do everything you can to show yourself you're committed to be great today? Most of us could do at least one more thing to go from 95% to 100%. Maybe it's as simple as eating a healthy breakfast everyday, or choosing water instead of pop. What's your 5% difference?

### ACT

Write down your 5% difference on your scorecard, and start doing it everyday.

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## 17 "PLAY IT FORWARD" INVITE SOMEONE

### LEARN

If you've made it to this point in the Resilinator challenge, you have grown more resilient. We all have areas to work on, and we are proud of you for taking this mental toughness challenge. Did you know, sharing an invitation with someone else is a powerful way to grow in confidence, and also to help someone else get stronger too?

### THINK

Of all the people in your life, who would you like to invite to do the Resilinator challenge?

### ACT

Invite someone - a kid or an adult - to do the Resilinator challenge. Tell him or her why the challenge has been good for you, and why you recommend it. Write his or her name on your scorecard.

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## 18 "SAY THANK YOU" GRATITUDE

### LEARN

People who are grateful are the happiest and most fulfilled people on earth. It's true. Being grateful, on good days and not so good days, helps you to see all the good that's in your life. And there is a lot of good in your life.

### THINK

Who has done something really nice for you lately? It could be a teacher, a friend, a parent, sibling, grandparent, or other special person.

### ACT

Write a Thank You note to that person. Tell him or her why you are grateful. Find an envelope and stamp, and put it in the mail, even if the person lives in the same house as you. On your scorecard, write the name of the person you thanked.

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# RESILINATOR *DAILY CHALLENGES SCORECARD*

- 1 DOWNLOAD ALL 18 CHALLENGES AT [cyclehealth.org](http://cyclehealth.org)
- 2 RECORD DAILY ANSWERS HERE
- 3 **TURN IN FOR PRIZES AT RESILINATOR**

|          |     |              |
|----------|-----|--------------|
| KID NAME | AGE | PARENT EMAIL |
|----------|-----|--------------|

|  |                 |   |  |                          |           |           |           |
|--|-----------------|---|--|--------------------------|-----------|-----------|-----------|
| 1 DEFINE   | 2 NAME          |   |  |                          |           |           |           |
| 3 # ELECTIONS      TRAITS  |                 |   |  |                          |           |           |           |
| 4 REGISTERED?<br><input type="checkbox"/> YES <input type="checkbox"/> NO  | 5 NAME          | DISCUSSED TEAMWORK?<br><input type="checkbox"/> YES <input type="checkbox"/> NO |  |                          |           |           |           |
| 6 CHECK ONE BOX EACH TIME YOU DO GARBAGE TIME<br><input type="checkbox"/> <input type="checkbox"/>     |                 |   |  |                          |           |           |           |
| 7 DIFFERENCE BETWEEN GO KIDS & NO KIDS   |                 |   |  |                          |           |           |           |
| 8 A BOB PHRASE:  |                 |   |  |                          |           |           |           |
| 9 OOZE-AWAY ACTIVITY   | # MINUTES       | HOW DID IT HELP?  |  |                          |           |           |           |
| 10 CHECK ONE BOX EACH TIME YOU DO HOT AIR BALLOON<br><input type="checkbox"/> <input type="checkbox"/> |                 |   |  |                          |           |           |           |
| 11 NAME  | POSITIVE IMPACT |   |  |                          |           |           |           |
| 12 DAY 1   | DAY 2           | DAY 3   | DAY 4  | DAY 5                    | DAY 6     | DAY 7     | TOTAL     |
| _____/MIN  | _____/MIN       | _____/MIN   | _____/MIN  | _____/MIN                | _____/MIN | _____/MIN | _____/MIN |
| 13 STUCK THINKING (BEFORE)   |                 |   |  | UNSTUCK THINKING (AFTER) |           |           |           |
| 14 CHECK ONE BOX EACH TIME YOU DO LET GO<br><input type="checkbox"/> <input type="checkbox"/>          |                 |   |  |                          |           |           |           |
| 15 SPECIFIC SKILL  |                 |   | HAVE YOU PRACTICED IT?<br><input type="checkbox"/> YES <input type="checkbox"/> NO |                          |           |           |           |
| 16 WHAT'S YOUR 5% DIFFERENCE?  |                 |   | HAVE YOU STARTED?<br><input type="checkbox"/> YES <input type="checkbox"/> NO      |                          |           |           |           |
| 17 NAME OF PERSON TO SHARE THIS CHALLENGE  |                 |   | HAVE YOU SHARED?<br><input type="checkbox"/> YES <input type="checkbox"/> NO       |                          |           |           |           |
| 18 THANK YOU NOTE TO   |                 |   | HAVE YOU MAILED IT?<br><input type="checkbox"/> YES <input type="checkbox"/> NO    |                          |           |           |           |

Turn in for prizes at Resilinator or copy to [sweat@cyclehealth.org](mailto:sweat@cyclehealth.org)  
 Download LARGER version of scorecard at [cyclehealth.org](http://cyclehealth.org)

|                                      |
|--------------------------------------|
| <b>TOTAL # COMPLETED</b><br>_____/18 |
|--------------------------------------|