



# **BARRIERS & BOUNDARIES**

**A 14-DAY JOURNEY TO PERSONAL RESILIENCE**

Welcome to Barriers & Boundaries with Chaplain Eric Bryan.

Why ‘Barriers & Boundaries’? When we are looking at choices to make during adversity, a lot of times it comes down to what barriers are preventing you from accomplishing what you want to do or what boundaries need to be put into place that will help you stay focused and on track to meeting your goals. Barriers represent things you may be struggling to work through or get past. Boundaries may represent safety and security, even when tough decisions are made that will help you mentally, emotionally, and even spiritually.

I believe that we do not grow without confrontation. This drives what we give attention to. Personal resilience skills allow you to assess and build context for decision-making that will impact your self, your family, and even your career for years to come.

This journal offers the opportunity to reflect on ways you have faced adversity, make preparations for future challenges, and develop into a valuable resource for others in your community.

Each day introduces you to resilience concepts, offers a reflection question, and provides space for you to write a response. I encourage you to set aside a specific time each day to becoming a more resilient you!

Also, please add Barriers and Boundaries Resilience Leadership podcast to your playlist on Spotify or Itunes. There, you will hear me expand on some thoughts associated with the concepts and reflections from this journal. Look for the logo you see on the cover of this journal.

May the blessings outweigh the burdens you face today.

Grace and peace,

A handwritten signature in black ink that reads "Eric Bryan". The signature is stylized and written in a cursive-like font.

# DAY 1:

## BEGINNING

*“When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience.” - Jaeda Dewalt*

Resiliency concept: Resilient people not only overcome adversity, but learn from those challenges faced. Learning from the past requires engaging difficult moments and determining what would have been the best way to handle them if you had to do it again. Today, let's start from that perspective as we move forward.

### **PERSONAL REFLECTION QUESTIONS:**

**In your own words, what does it mean to be resilient and where have you witnessed it in your life? What comes to mind when you hear the word 'resilient'?**

# DAY 2:

## WHOLENESS

*“One small crack does not mean that you are broken, it means that you were put to the test and didn’t fall apart.” - Linda Poindexter*

Resiliency concept: The best prevention before facing adversity is to ensure we are our best selves. Giving attention to our beliefs, values, and morals help keep them actively a part of our decision-making process.

### PERSONAL REFLECTION QUESTIONS:

**What warning signs appear when you are stressed? How have you countered them in healthy or unhealthy ways? How does your reaction when facing intense moments relate to what you value? Is how you react how you want to react?**

# DAY 3:

## FOUNDATIONS

*“Start where you are. Use what you have. Do what you can.”*

- Arthur Ashe

Resiliency concept: Authentic, vulnerable, trustworthy— these are foundational elements of personal resiliency. It takes courage and transparency to connect not only with others, but yourself first.

### **PERSONAL REFLECTION QUESTIONS:**

**How can you build yourself to be trustworthy? What does being authentic mean to you? In what ways do you believe being authentic and vulnerable help you through adversity?**

# DAY 4:

## CHOICES

*"In the face of adversity, we have a choice. We can be bitter or can be better. Those words are my North Star. - Caryn Sullivan*

Resiliency concept: Good decision making skills increase the effectiveness to overcoming challenges. The choices you make depend on your thoughts about the desired outcome of that situation and what you're willing to risk.

### **PERSONAL REFLECTION QUESTION:**

**If you were mentoring your younger self, what advice would you give to endure your toughest moments if they couldn't be avoided?**

# DAY 5:

## EMPOWERMENT

*"You're fear is 100% dependent upon you for survival." - Steve Maraboli*

Resiliency concept: Fear prevents freedom when we don't embrace it. Instead of avoiding fears, embrace and explore everything holding you back. This is not about letting go of fears but rather working through them.

### PERSONAL REFLECTION QUESTIONS:

**What fears can you identify that are keeping you from pursuing your purpose and perhaps connecting with others?  
What barriers can you identify do you sense are restricting you from your goals?**

# DAY 6:

## GROWING

*“In a growth mindset, challenges are exciting rather than threatening. So rather than thinking, oh, I’m going to reveal my weakness, you say, wow, here’s a chance to grow.” -Carol Dweck*

Resiliency concept: When we face any situation, we will view it as either a reward or a threat. The information we receive will affect us one way or another—subconsciously or consciously. The goal to facing challenging moments is to acknowledge how it is be received.

### **PERSONAL REFLECTION QUESTIONS:**

**Are you attune to how you receive new information? What filters or biases can you recognize?**



# DAY 7:

## THINKING

*“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.— Albert Einstein*

Resiliency concept: Adversity heightens emotions and decreases clarity of thought. Science would even suggest that when your heart rate reaches 100BPM, full capacity of rational thought is lost. Truly resilient people establish processes to filter their thoughts and emotions.

### **PERSONAL REFLECTION QUESTION:**

**What are some ways to process thoughts when you sense you are becoming overwhelmed or stressed? If given enough time, what benefits may be gained by brainstorming responses to adversity?**

# DAY 8:

## PURPOSE

*“If you have a strong purpose in life, you don’t have to be pushed. Your passion will drive you there.” Roy T. Bennett*

Resiliency concept: Being connected to a purpose provides a healthy boundary to living a fulfilled life.

### **PERSONAL REFLECTION QUESTIONS:**

**What would be the most ideal life for you? What are you passionate about?**

# DAY 9:

## PRESENCE

*"The meaning of awe is to realize that life takes place under wide horizons." -Abraham Joshua Heschel*

Resiliency concept: Most people live either in regret of a past life choice or fear of the unknown future. One of life's toughest challenges is to simply be present.

### **PERSONAL REFLECTION QUESTIONS:**

**How do you maintain being present each day? How does the ability to sustain presence of mind impact living through challenges?**

# DAY 10:

## IMPROVEMENT

*“Don’t compare yourself to others. Compare yourself to the person you were yesterday.” Anonymous*

Resiliency concept: Pay attention to your anger and your joy. These two emotions may actually pull you towards your purpose.

### **PERSONAL REFLECTION QUESTIONS:**

**What angers you? What brings you joy? What does the anger and joy you experience teach you about yourself? What about them needs improvement or fulfills you?**

# DAY 11:

## INFLUENCE

*“Attitude is greatly shaped by influence and association.” -Jim Rohn*

Resiliency concept: Never underestimate your ability to influence others around you. Both direct and indirect actions towards personal resilience make an impact on those in your community. Inspiration is internal to the person and motivation is external to the person. Both contribute to resilience in powerful ways.

### **PERSONAL REFLECTION QUESTIONS:**

**What ways do you believe you can impact others around you?  
How does inspiration and motivation influence your ability to be resilient? How do they affect your ability to influence and connect with others?**

# DAY 12:

## CONNECTIONS

*"I'm starved for connection, not attention." -Dipti Matolia*

Resiliency concept: Resilient people know they can't do it alone. It takes trusting in family, friends, coworkers, a social network, or any other resource available to endure. A community approach and perspective makes everyone stronger.

### **PERSONAL REFLECTION QUESTION:**

**How do you feel and what behaviors can you list when you know you have connected with someone else?**

# DAY 13:

## FULFILLMENT

*“The richest person in the world isn’t the person who has the most but the one who needs the least.” - Robin Sharma*

Resiliency concept: Resilient people find contentment when current needs are met. This doesn’t mean they stop focusing on improvements, but rather understand how important it is to be present to be fulfilled.

### **PERSONAL REFLECTION QUESTIONS:**

**From your perspective or background, what does being fulfilled mean? Do other people have a role in you feeling this way?**

# DAY 14:

## BALANCE

*“Champions are made champions by setbacks.” - Bob Richards*

Resiliency concept: Being resilient means letting your character take the lead in the challenges you face. When you invest time into your character development, resilience becomes second nature.

### **PERSONAL REFLECTION QUESTION:**

**What would your elevator speech be to describe how barriers and boundaries play a role in your ability to be resilient? (Hint: It's a summary of your last two weeks!)**