



Nick Arnett

resilience routines for warriors,
wimps, and everyone
in between



stress into strength



A PDF COMPANION TO THE AUDIOBOOK

© 2021 Nick Arnett

All rights reserved. No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, scanning, or other—except for brief quotations in critical reviews or articles, without the prior written permission of the publisher.

Published by HarperCollins Leadership, an imprint of HarperCollins Focus LLC.

Any internet addresses, phone numbers, or company or product information printed in this book are offered as a resource and are not intended in any way to be or to imply an endorsement by HarperCollins Leadership, nor does HarperCollins Leadership vouch for the existence, content, or services of these sites, phone numbers, companies, or products beyond the life of this book.

ISBN 978-1-4002-2473-9 (eBook)

ISBN 978-1-4002-2469-2 (PBK)

Library of Congress Control Number: 2021937287

Printed in the United States of America

21 22 23 24 25 LSC 10 9 8 7 6 5 4 3 2 1

THE THREE DIMENSIONS OF STRESS

	Stress Response	Renewal Activation	Strength
Physical	Fight or Flight	Rest and Digest	Doing, Owning
Social	Defend or Distance	Tend and Befriend	Thinking, Feeling
Spiritual	Selfish or Survivalist	Pause and Plan	Purpose, Priorities

THE PURPOSE IN LIFE TEST

Score each question from 1 to 5 based on the part of the statement that is most true for you right now.

1. I am usually: bored (1); enthusiastic (5).
2. Life seems to me: completely routine (1); always exciting (5).
3. In life I have: no goals or aims (1); clear goals and aims (5).
4. My personal existence is: utterly meaningless, without purpose (1); purposeful and meaningful (5).
5. Every day is: exactly the same (1); constantly new and different (5).
6. If I could choose, I would: prefer to never have been born (1); want nine more lives just like this one (5).
7. After retiring, I would: loaf completely the rest of my life (1); do some of the exciting things I've always wanted to (5).
8. In achieving life goals I have: made no progress whatever (1); progressed to complete fulfillment (5).
9. My life is: empty, filled only with despair (1); running over with exciting things (5).
10. If I should die today, I'd feel that my life has been: completely worthless (1); very worthwhile (5).
11. In thinking of my life, I: often wonder why I exist (1); always see reasons for being here (5).
12. As I view the world in relation to my life, the world: completely confuses me (1); fits meaningfully with my life (5).
13. I am a: very irresponsible person (1); very responsible person (5).
14. Concerning freedom to choose, I believe humans are: completely bound by limitations of heredity and environment (1); totally free to make all life choices (5).

15. With regard to death, I am: unprepared and frightened (1); prepared and unafraid (5).
16. Regarding suicide, I have: thought of it seriously as a way out (1); never given it a second thought (5).
17. I regard my ability to find a purpose or mission in life as: practically none (1); very great (5).
18. My life is: out of my hands and controlled by external factors (1); in my hands and I'm in control of it (5).
19. Facing my daily tasks is: a painful and boring experience (1); a source of pleasure and satisfaction (5).
20. I have discovered: no mission or purpose in life (1); a satisfying life purpose (5).

Scoring: Add up all the scores for each item (20–100). A score of less than 50 may indicate that you are experiencing significant “existential concerns” in your life.

WHAT ARE YOUR CORE VALUES?

This list can get you started if you've never explored your personal values.

Acceptance	Compassion
Accountability	Competence
Achievement	Competition
Action	Completion
Advancement	Connectedness
Adventure	Consistency
Affection	Cooperation
Altruism	Country
Arts	Courage
Authenticity	Creativity
Awareness	Decisiveness
Balance	Democracy
Beauty	Dependability
Boldness	Design
Calmness	Discovery
Challenge	Diversity
Change	Economic Security
Collaboration	Education
Community	Effectiveness

Efficiency
Elegance
Empathy
Enlightenment
Entertainment
Enthusiasm
Environmental
Equality
Ethics
Excellence
Excitement
Exhilaration
Experiment
Expertise
Fairness
Faith
Fame
Family
Fast Pace
Freedom
Friendship
Frugality
Fun
Grace
Growth
Happiness
Harmony
Health
Helping Others
Helping Society
Honesty
Humility
Humor
Imagination
Improvement

Independence
Individuality
Influencing Others
Inner Harmony
Innovation
Inspiration
Integrity
Intelligence
Intuition
Involvement
Kindness
Knowledge
Leadership
Learning
Loyalty
Magnificence
Making a Difference
Mastery
Meaningful Work
Ministering
Modesty
Money
Morality
Mystery
Nature
Open-Mindedness
Order
Originality
Passion
Peace
Personal Development
Personal Expression
Planning
Play
Pleasure

Power
Privacy
Professionalism
Promotion
Purity
Quality
Radiance
Recognition
Relationships
Religion
Reputation
Respect
Responsibility
Risk Safety & Security
Self-Respect
Sensibility
Sensuality
Serenity
Service

Sexuality
Sincerity
Sophistication
Spark
Speculation
Spirituality
Stability
Status
Success
Teaching
Tenderness
Thrill
Tradition
Trust
Unity
Variety
Wealth
Winning
Wisdom