



Remove Obstacles and
Grow Your Life & Business





The Resilience Element Formula Quick Start Guide

5 Components To Reactivate Your Passion & Burn Down The Obstacles To Grow Your Business

*We all have dreams and a vision for our future.
But in pursuing these aspirations, we inevitably encounter obstacles.
In those challenging moments, the Resilience Element—our ability to overcome setbacks and continue
moving ahead—is essential to our success and well-being.*

What is The Resilience Element?

re·sil·ience / rezilyens

The capacity to recover quickly from difficulties; toughness.
el-uh-muh-nt Element denotes a fundamental and ultimate part



el-uh-mut-nt

Element denotes a fundamental and ultimate part

You may recognize the Resilience Element logo:



INTERESTING FACT: When you research the different Re abbreviations, you will find that **Rhenium** is a chemical element with symbol **Re** and atomic number 75. Rhenium is one of the most rare elements in the Earth's crust and has the **highest boiling point of any element**, at 5,869 K (10,105 °F or 5,596 Celcius). **Rhenium is the most Resilient Element of all the elements on earth!!!**

Rhenium is mainly obtained as a by-product of the extraction and refinement of molybdenum and copper ores. **The Resilience Element is a by-product derived from 5 Components.**

CONCLUSION: The **best ultimate and fundamental element** that won't turn your dreams and passion to vapor despite all the external and internal pressure, setbacks and obstacles is **The Resilience Element.**

What are the Components of the Resilience Element Formula?

The Resilience Element Formula is made of **5** fundamental **components**. To reactivate your passion, you will need ALL of them. The combined interaction of all components creates The Resilience Element.

5 Components To Reactivate Your Passion

CLARITY • CONVICTION • CERTAINTY • COMMITMENT • COURAGE

Why Do You Need The Resilience Element?

Have you abandoned your New Year's resolutions?

Have you fallen short of your goals, stopped trying, or given up hope?

Have you lost your inner fire, that child-like, fearless mindset or hunger to conquer the world?

Have you noticed how the most successful people are often also the most resilient people?

If you answered, "yes" to any of these questions, you are not alone. However, the cost of continuing to feel or act this way can be devastating for your business growth and well-being.

Here's the good news: If you are reading this, you are on the right track. It's not too late to make a change!

Now is your time to reactivate your passion and your Resilience Element.

The Resilience Element will help you achieve your goals.

It will help you grow your business.

It will help catapult your well-being in all 7 categories of your life.

YOUR RATING

Yes, very much = 10; No, not at all = 1.
1 2 3 4 5 6 7 8 9 10





How Can The Resilience Element Formula Help You?

You want to live your dream. But following your heart and chasing your passion can be a difficult journey.

To make it through, there's one element that you can't live without: Resilience.

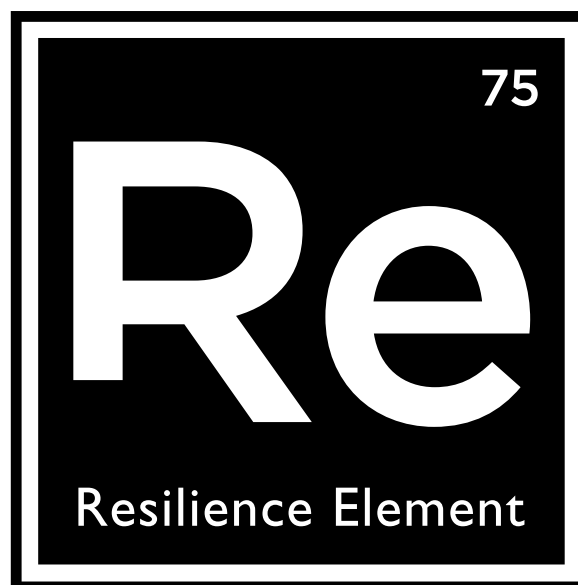
No matter what setbacks or difficulties come your way, **The Resilience Element Formula** will help you reactivate your passion.

Never again you will abandon your most important goals and dreams. You will have the inner fuel to burn down the obstacles holding you back and take steps towards achieving the vision and goals for your life.

Resilience is inside all of us.

Reactivate it to ignite the highest levels of success and fulfillment in your life.

Welcome to your element.
This is The Resilience Element.



Meet Your Guide: Who Is Francis Piché?

Francis Piché is the host of The Resilience Element Show that explores how individuals can follow their heart to accomplish their dreams despite delay and adversity encountered along the way.

Raised in Quebec, Francis began cutting his teeth in sales at just 8-years-old by going door-to-door selling products for charities and fundraisers. Pounding the pavement pounded into Francis a love for connecting with people and fueled his meteoric rise to top sales performer status at multiple international corporations, including Xerox.

Soon after, Francis realized sales teams driven by numbers and dollar signs alone resulted in individuals who felt defined by numbers and disillusioned by signs of despair. Refusing to believe that making massive money and having huge happiness must exist in opposition, Francis embarked on a journey to discover the key element to sustained and sustainable satisfaction in life. His answer? The Resilience Element.

After years of certifications and training with world-leading coaches, Francis has mastered advanced communication techniques that he applies to uncover the secrets of some of the world's most successful and noteworthy individuals.

His extensive training includes work with:

- Roger Love (Master Presenter Mentorship Program & Voice of Success)
- Tony Robbins (Unleash the Power Within Attendee)

- Brendon Burchard (Experts Academy, World's Greatest Speaker Training Attendee)
- Bo Eason (Personal Story Power Attendee)
- Steve Siebold (Bill Gove Speech Workshop Graduate)



His excellence in public speaking has been recognized by:

- Dale Carnegie courses (including the Highest Award for Achievement)
- The Toastmasters International and Humorous Speech Contest (three-time Communicator of the Year)
- Corporate Speaker designation in accordance with the guidelines of the International Association of Corporate Speakers (IACS)
- Transforming Speakers

Hoping to share his resilience revelation with the world and help others discover it for themselves, Francis created The Resilience Element Show.

5 Components To Reactivate Your Passion & Burn Down The Obstacles To Grow Your Business

Exercise 1: Clarity

How clear are your goals and vision for your life?

Rate yourself on a scale of 1 ("I don't feel clear at all about my goal/my vision/the outcome/my intention") to 10 ("I feel extremely clear about my goal/my vision/my outcome/my intention").

YOUR RATING

Yes, very much = 10; No, not at all = 1.
1 2 3 4 5 6 7 8 9 10

You have probably noticed how highly successful people seem to always know exactly what they want. They are laser focused on their goals and make them happen. These individuals are often most resilient against adversity because they have clarity about what they really want.

Want more clarity?

Here is an exercise that you may not like to do but will bring much more clarity. I call it the "Do Nothing 3-day Challenge." Here's how it works:

For the next 3 days or whenever you are ready to participate, clear your schedule and avoid all daily distractions to leave space for mental clarity.

It is very important that you avoid the following at all cost: no TV, no social media, no journaling, no audiobook listening, no reading and no work (as much as you can unless IT IS REALLY URGENT). You can request time off on a Friday and have a long weekend or rearrange your meetings, appointments etc. to leave space for 3 days.

Treat this as a life-or-death situation prescribed by your doctor as if your doctor had said: "If you don't do this, you will have a heart attack and you might die."

No excuses. If your dreams matter, you will do all that it takes to reactivate them. The time you take for yourself can propel your business thanks to new potential ideas. The time off is worth it. Trust the process.



Ideas for your Do-Nothing 3-Day Challenge:

- See your friends
- Go for coffee
- Go in nature, hike a mountain, go fishing, etc.
- Play an instrument
- Play sports
- Play with your kids
- Go for an ice-cream
- Reconnect with someone you haven't seen for a while
- Spend quality time with your significant other

****It is very important that you do what you love and what makes your heart come alive. It is also very important that you increase the time you spend for yourself, too. This opportunity doesn't come along very often so be ALL IN with it.*

Have fun with this exercise! Be flexible with your schedule. Allow yourself to be fully immersed in the present moment.

In the next 3 days, I will:

Report your progress and discoveries to your coach, accountability partner or a non-judgmental friend. Write these items down ONLY after the 3 days have elapsed.

****Before you begin the "Do Nothing Challenge," go through exercise #2 and combine both exercises together.*

Exercise 2: Conviction

You have probably heard of people who have a purpose-driven life. Purpose brings a lot of drive and creates massive resilience when dealing with setbacks.

On a scale of 1 ("I don't know my purpose, I don't know the meaning of my work for myself and for the clients I serve. I don't have big reasons why I want to achieve my goals") to 10 ("I know exactly my purpose in life. I know exactly why it is important to me to accomplish my personal and professional goals. I know exactly why my work is important for the people I serve.")

YOUR RATING

Yes, very much = 10; No, not at all = 1.
1 2 3 4 5 6 7 8 9 10

Take your agenda and move ahead to today's exact date 5 years from now. Write on the page or inside your calendar: "THIS IS THE DAY OF MY DEATH."

I know, it sounds pretty harsh...but stick with me. Here are the VERY IMPORTANT QUESTIONS that will help you find, refine or strengthen your purpose:

If you only had 5 years to live:

- What would you do with the time left?
- Who would you like to be with?
- Who would you become?
- What will be your contribution to this world?
- What would you be recognized for?
- What would you like people to remember about you?
- How would you like them to feel about you?
- What would you need to do to make others feel that way every day you live from now on?

The reality is that we don't know when our life will end. If we had 1 week, 1 month or even 6 months, we would probably sell everything and go crazy. 5 years is a good chunk of time to make an impact in this world.



Exercise 3: Certainty

How were your first two exercises??? Did you find more clarity and more conviction? I bet you did. And don't worry if you haven't found it 100%. It takes time and introspection. You can explore ideas and get the necessary feedback to readjust your course of action. Happiness is encountered in the journey, not the end destination.

Have you ever noticed how highly successful people never question the certainty of the outcome they're aiming for? At first, other people might tell them their goal, passion or dreams are insane...but they never give up.

I am fascinated to look at how we all progress from crawling to walking. My assumption here is that we were CERTAIN about our ability to walk. It might have been easy for us because nobody questioned our intention to walk. In fact, our parents were helping us in the process by holding our hands and releasing them once in while. We probably fell a hundred times but we knew with UTMOST CERTAINTY that we would walk. We never stopped trying and we made it happened.

On a scale of 1 ("I am not certain about achieving my goals. I am not sure at all about accomplishing my big project.") to 10 ("I know for sure that I will reach my goals and my target. I know for certain that my goals will come true. I have utmost certainty that I will make them a reality.")

YOUR RATING

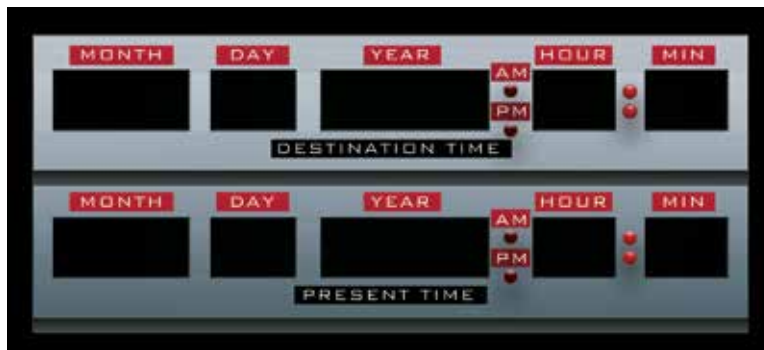
Yes, very much = 10; No, not at all = 1.
1 2 3 4 5 6 7 8 9 10

Are you ready for Exercise #3? This one is intended to test for a fundamental component of The Resilience Element: Certainty.

Up next is The Time Travel Exercise

Exercise 3: Certainty & Time Travel Exercise

Imagine that you and I are the only ones on Earth who have access to a time machine. You remember the movie Back To The Future with Michael J. Fox and the DeLorean Time Machine?



Imagine we have that machine and are headed to visit your future as it is exactly 5 years from now. (Don't worry you will still be alive!)

The previous exercise was a method to re frame what is most important to you. Now that you know that you are alive, describe what you see with clarity and conviction, in the space below.

Here are some ideas to structure your response:

- Describe how you feel.
- Describe with specific details what has happened for the last 5 years, the amazing and outstanding breakthroughs you had, the people you helped, the people whom you are with, the places that you traveled to, the impact you made.
- Use all your senses and describe what you experience with intensive detail. Once done writing, read what you've written out loud.

Use more than the space allowed if your heart feels like it. It's your future. And remember, you and I are the only ones who can see it. We know FOR SURE and with UTMOST CERTAINTY that it will happen.

In 5 years from now, on [Insert date_____], I [Insert your name_____] am so happy and grateful that...

Congratulations!

You have seen your future and it will happen 100%!!!

Now, like in the movie, we have to come back from the future to the present day.

Let's pretend that after your magical and unique adventure, you describe to your best friend/close family member/colleague what vision you saw.

After you have enthusiastically described your future accomplishments, your confident says: "That's BS, this can never happened" or "Wow, sounds like a big dream. Are you not dreaming too high? Are you sure it will work? It's pretty unlikely." Or "I know someone who wanted to do the exact same thing and they failed. You should probably continue what you have been doing. You have been good at it. Everybody feels stressed and depressed about their current situation once in a while."

The question now is: How does that make you feel to hear these things? Would you reconsider the vision you had? If so, why? Remember that you and I saw the future with certainty!

[illegible]



Exercise 4: Commitment

Are you excited now? Do you feel that you have reactivated your passion and your Resilience Element?

I trust that you have strengthened your Resilience Element. Now that you know your vision with clarity and are fully convinced about the reasons why it matters to you (you know your purpose with conviction) and that you are 100% guaranteed to reach your goals, you need another extremely important factor.

You need COMMITMENT.

Commitment outlines all the steps you will make on a continuous basis until you reach your goal. The concept of compounding will work in your favor. Similar to the concept of compounding interest, two factors are necessary to amass a fortune: efforts/ actions / steps / activities AND time into your goals.

The more time you give your investments, the more you are able to accelerate the income potential of your original investment. The more you invest in your dreams and most important goals, the more you are able to accelerate your progress.

****Remember, it might take a while before you start to see results but with TIME, you will start to notice the acceleration of progress towards your goals.*

Remember your answer to the following question in order to raise your level of certainty: "What do you need to believe and feel in order to reactivate your passion and accomplish your goals?"

Then, to raise your commitment to the highest level, ask this: "What do you NEED TO DO in order to reactivate your passion and accomplish your goals?"

Asked another way, what are the specific strategies, tactics and high impact actions/activities that you need to do on a quarterly, monthly, weekly and daily basis to ensure the success of your goals?

On a scale of 1 ("I am not committed to do whatever it takes each day to accomplish my goals. I am procrastinating all the time. I find it hard to be committed.") to ("I am 100% committed to do whatever it takes to accomplish my goals and objectives in the category X of my life. I am excited and thrilled about the commitment I take. I understand why I am committed. My conviction and my purpose drive me and pull me towards my goals and my dreams every day. I fully believe in what I am doing, no matter what.")

YOUR RATING

Yes, very much = 10; No, not at all = 1.

1 2 3 4 5 6 7 8 9 10



5 Steps To Recharge Your Commitment

Step 1: Elevate your energy

Before you create your goal, it is very important that you feel good. Studies from the field of Positive Psychology show that happiness leads to success. Positive emotions will expand your originality and creativity. One of the best ways to cultivate positive emotions is to be in a state of gratitude.

Simply take the next 5-10 minutes to take inventory of all the "wins" you have had over the past year. See how many breakthroughs, learning lessons, achievements, and little or big victories you have had. I can guarantee that you will feel great about yourself.

Another strategy would be to count your blessings in all categories of your life. It can be as simple as being able to walk or being able to see the world around you.

Step 2: Create your goal

My goal is: _____

How do you measure the success of your goals? How will you know that you have accomplished your goal?

Example:

X dollars of sales

X dollars of pound to loose

X amount of time to spend with my partner, my kids, friends etc.

Now shoot for the stars and make it juicy. What goal would put you in an ecstatic state if you accomplished it?

Example:

X dollars of sales (150% of stated goal)

X dollars of pound to loose (To be an Adonis or Aphrodite)

X amount of time to spend with my partner, my kids, friends etc. (To create raving fans)

My AMAZING and JUICY stretch goal is: _____

Step 3: Choose your timeline

What is your timeline to accomplish your goal? _____



Step 4: Chunk your goal in small steps

Break down the goal into smaller pieces. Chunk them in time (quarterly, monthly, weekly and daily):

It will all come down to answer the following question:

What are the high impact activities that I should do on a daily basis to guarantee the success of my goals?

Step 5: Celebrate!

How will you celebrate after you have accomplished your goals?

What are the milestones that you need to reach in your journey to accomplish your objectives?

What small reward can I give myself after accomplishing my high impact activities on a daily / weekly / monthly / quarterly basis?

Daily reward: _____

Weekly reward: _____

Monthly reward: _____

Annual reward: _____

Allocate time for planning. Some suggested quantities of time for reviewing your goals might be:

15 minutes per day • 30 minutes per week • 2 days per quarter • 3 days for the year

Take time to visualize and FEEL the accomplishment of your goals IN ADVANCE before you begin each day!

Success-Boosting Tip: Hire a coach or work with an accountability partner to hold you accountable to your commitment. Spending time with an accountability partner can make a huge difference in the execution of your plans and resulting success. For instance, you can schedule a 40 minute check-in session every Monday at 7:30AM to kick start your progress each week!

Exercise 5: Courage

How do you feel about your plan to succeed? Is your commitment rock solid? If so, congratulations! You are now equipped with a plan to take daily steps towards achieving your goals.

Do you have the courage to crush your obstacles? Do you have the strength in the face of pain and setback?

One thing we know for certain is that no matter how committed you are, you will hit encounter obstacles at some point. Failure is not only probable but also certain. You would be very lucky to achieve your goal without any adversity whatsoever. Actually, I think you would be unlucky not to! Yes. I mean that. A good friend of mine and coach Gary M. used to say: "Your sh*t is your gold."

We become stronger and better when we can elegantly deal with failure and face our pain. This is what courage is. We act despite our fears and despite the failures encountered along the way. Said differently, we become more resilient and successful when we give a positive meaning to failure.

New York Times Bestselling author John C. Maxwell said it right: "Fail early, fail often, but always fail forward."

What is it that Thomas Edison, the Wright brothers and Abraham Lincoln all had in common? They failed and failed but never gave up. Why? I believe it is because they had a lot of conviction at the core of their heart. They were FOCUSED on their goals and dreams no matter how many times they failed.

Now the question is, HOW do we fail forward, especially after numerous attempts and setbacks?

Many research studies in Positive Psychology reveal the benefits of mindfulness at work, school and in our everyday lives to reduce stress, improve our immune system, increase our happiness and interpersonal relationships and increase our resilience.

Mindfulness is described by Jon Kabat-Zinn, founded the Center for Mindfulness, as:
"The awareness that arises from purposefully paying attention to the present moment without judgment."

By separating what's happening from your reaction to what's happening, chances are that you will prevent yourself from simply being carried away by the experience instead of getting over it.

Each time you face a challenge or deal with a setback, being mindful of your emotions, limiting beliefs and sudden first reactions will help you find more perspective and calmness. You will start to shift from your powerless victim attitude to the owner of the meaning you give to the unfortunate event or failure. You will have the ability to choose the next step to take with the new insights you have gained. You will be able to design your life and be the architect of your dreams. You will have the courage that it takes to crush your obstacles!



On a scale of 1 ("I am completely knocked down by my failure and I don't see how I can continue to work on my goals. I am powerless. I want to quit. I feel worthless and I don't have the resources to proceed further.") to 10 ("I fully believe in what I am doing and I am doing it no matter what. I understand that failure is normal and that it only means that I can learn something valuable from it. I am not defined by my setbacks. I won't allow myself to harbor any excuses or limiting beliefs to stop my progress towards achieving my goals. I am resourceful no matter what. Where there is a will, there is a way.")

Are You Ready To Crush Your Obstacles With Courage?

Elevating your level of positive energy will greatly help you to reactivate your Resilience Element, refresh your perspective and reignite your courage. This enables you to create innovative solutions and take actionable steps towards your goal.

Here are some proven and effective ways to raise your positive energy level and enhance your well-being.

- Write down how you feel about the situation. What are your negative thoughts? Now, flip/twist those thoughts into positive interpretations.

For instance:

Negative thought: I am not good at influencing people to support my most important objective, to buy my services. Positive twist: I used to think that I am not good at influencing people but I am getting better each day.

Write down your challenge below and the negative or limiting beliefs that come to mind.

Rewire your brain and write down the opposite narrative. Use positive words and affirmations.

- Meditate for 5-15 minutes while bringing presence to the current moment and being mindful about breathing in through your nose (inhale) and out through your mouth (exhale).



- Be grateful. Write down a list of 3-5 things that you are grateful for in your life.

- Be kind. Do 3 to 5 acts of kindness today. For instance, opening the door for someone, paying for a stranger's coffee, giving a compliment or adding money to a stranger's expired parking meter. Write your ideas below.

- Do something you love. For instance, play an instrument, listen to your favorite music, meet a friend, take a walk near the lake or the ocean, listen to a positive audiobook or read an inspiring book.
- Call or email a friend/family member and let them know why you appreciate them.
- Exercise for 20-30 minutes.

YOUR RATING

Yes, very much = 10; No, not at all = 1.
1 2 3 4 5 6 7 8 9 10

Congratulations! You have reignited your courage!

Now that you have elevated your positive energy, take the next step toward your goal.
You are 100% responsible. Take action now.

"The happiness of your life depends upon the quality of your thoughts" — Marcus Aurelius - Roman Emperor and last of the so-called Five Good Emperors

Start applying the 5 components of the Resilience Element Formula right now. Remove your obstacles and reactivate your passion to grow your life and business.

Reactivate your Resilience Element!



Related Reflections:

Describe how The Resilience Element Formula Quick Start Guide has helped you to reactivate your passion and remove the obstacles to grow your life & business.

***Share your comments, breakthroughs and insights on our Facebook Page. [Click Here](#)



What are the next 3 action steps you will take today to reactivate your passion? To which category of your life does that apply?

What is the next category of your life that you can work on today to reactivate your Resilience Element? Schedule a time now in your calendar to work on your 5 components this week.



CONGRATULATIONS! AND NEXT STEPS

It's no secret that reactivating your passion and your Resilience Element can be difficult unless you apply the 5 components to remove the obstacles to grow your life and business.

The world's best achievers would tell you that investing in your mindset is one of the best investments that they have ever made. You, TOO, can achieve your biggest goals and leave a legacy in this world.

You have never been closer to reactivating your passion than right now! To keep making progress, here's a map to help you determine the next steps for your desires and goals. Looking to remove the obstacles to grow your life and business to peak levels? We've got a map for that.

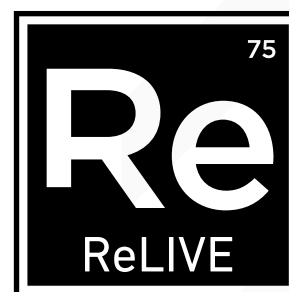
ReACTIVATE Course

Reactivate your passion and remove the obstacles with the 5 components of the Resilience Formula in this exclusive & personal online training that includes videos, exercises, audio files, interviews and special bonuses. Your mindset will never be the same. You will be equipped with the best tools to grow your business and increase your happiness no matter what. Reactivate your Resilience Element!



ReLIVE Events

Come reactivate your passion LIVE with two days of exciting content and in-person learning! Network and be inspired with like-minded enthusiastic fellow attendees who are ready to transform their lives, crush their obstacles and grow their business!





ReCHARGE Interviews

Get ReCHARGED with interviews by joining The Resilience Element Show. Each episode contains inspiring and entertaining interviews with celebrities and remarkable leaders as they explore the ups and downs, do's and don'ts on the journey of following your heart and making it big.



The Resilience Element Show

Be the first to know who's next on the show & get your VIP library access of videos, audio files & additional bonuses!



ReIGNITE

your spirit with inspiring posts and weekly Facebook LIVE from Francis! Get valuable insights & announcements on special ReLIVE events, interviews and VIP programs.



Join the Re75 Community at TheResilienceElement.com
Ask the expert at info@theresilienceelement.com to get in touch

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I

Your name

**will reactivate my passion and remove
the obstacles with the Resilience Element.**

