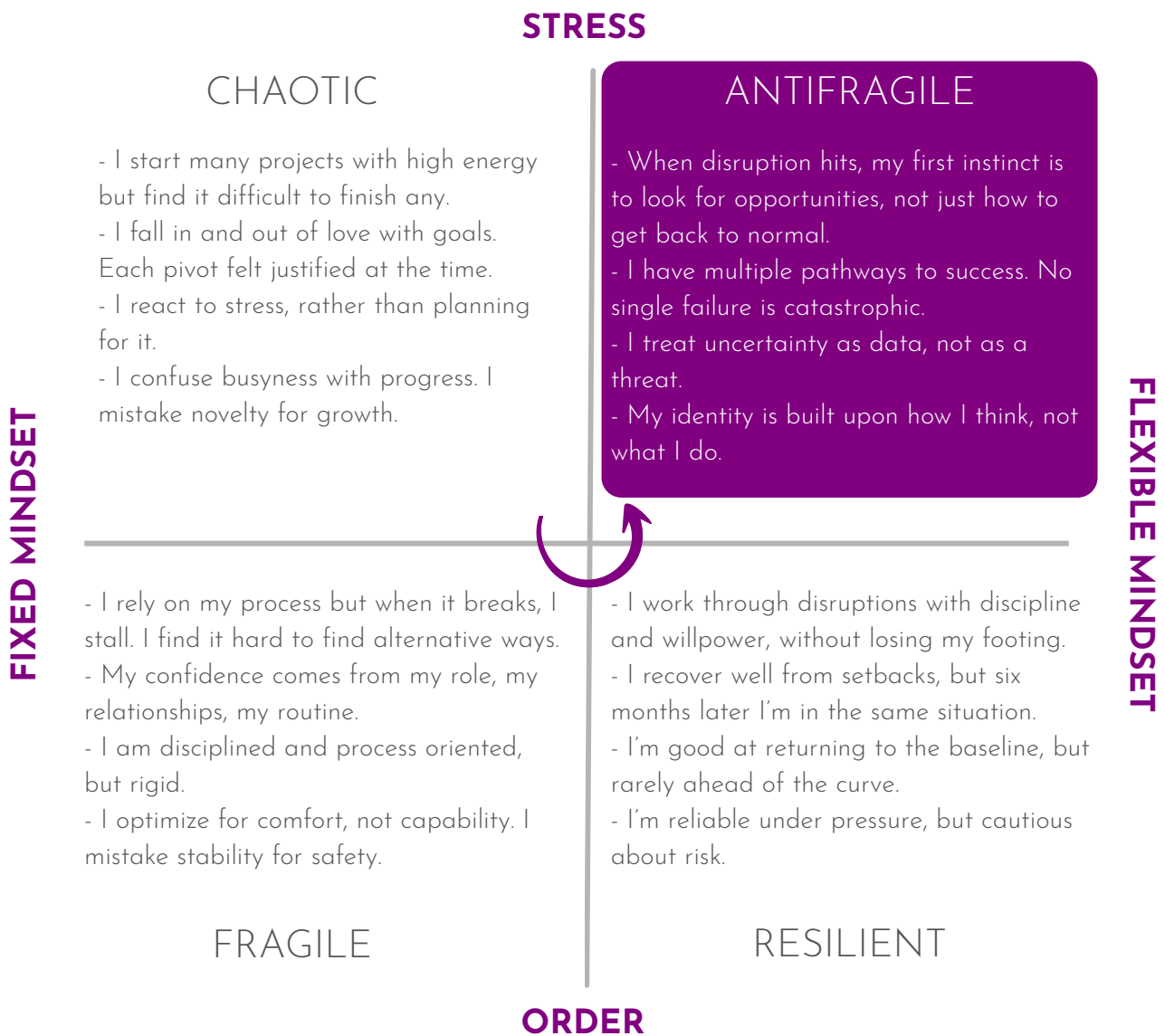


# RETHINK RESILIENCE

## the antifragile mindset

Most of us think we are resilient, that we bounce back after a crisis. Or at least we'd like to bounce back. But in a world that is constantly changing, just getting back to where you were isn't enough. We need to go beyond resilience and work towards becoming antifragile. Antifragile people don't just bounce back from setbacks, they actively thrive in periods of uncertainty and disorder. The antifragile person is not focused on perfect solutions. They actively seek and design stress into their life to test the systems. Think elite athletes who constantly push their bodies to the limit, or the financial advisor who intentionally diversifies their portfolio. The idea is to gain from the ideal scenarios, but to learn AND grow from suboptimal ones.

This template helps you identify where you are in your life and how to adopt an antifragile mindset.



**Chaotic → Fragile → Resilient → Antifragile**

The goal is not to arrive, but to keep moving in this direction. Chaos is what happens when we react to stress without flexibility. It's an entirely human reaction, and can work for some people.

But something to avoid at an organizational level.



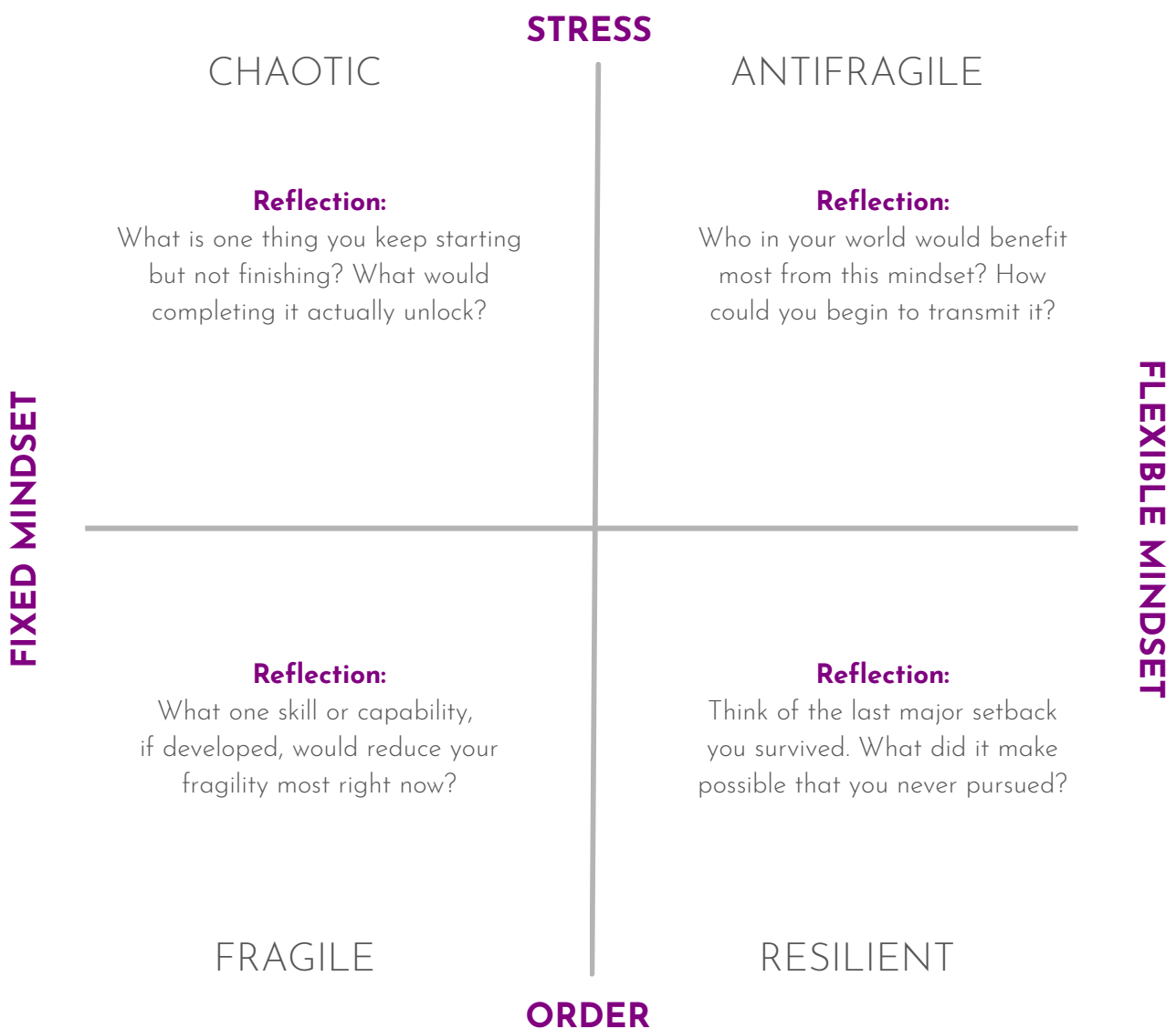
# RETHINK RESILIENCE

## the antifragile mindset

The idea of this audit is to help you understand where you are in your current state of mind. You could be in more than one quadrant in different spheres of your life, and that's okay. Think about it:

- Which quadrant are you in right now? What is surprising about it?
- Which quadrant do you most want to move toward? Why does it matter to you?

Antifragile isn't the only valid state, it's just the most useful one. Fragile systems can be stable. Resilient people are dependable. Chaotic thinkers spark the boldest ideas. None of that is wrong. But when real pressure arrives, only one mindset turns it into fuel.



### YOUR COMMITMENT

This week I will: \_\_\_\_\_

I will stop: \_\_\_\_\_

I will start : \_\_\_\_\_

Review date: \_\_\_\_\_

