

7 COMPONENTS OF RESILIENCE ECOURSE

LESSON 6

The Power Of Agency

You Can't Always Control What Happens In Life,
But You Can Control How You React To It



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Introduction

It's a common refrain that we hear when things go wrong in our lives: "it's not my fault." And while it's certainly true that we can't control everything that happens to us, the fact is that we have a lot more control than we often give ourselves credit for.

That sense of control—of agency—is a key component of resilience, and it's something that we can all cultivate in our lives. Here's why the power of agency is so important.

One of the most difficult things to deal with in life is a sense of powerlessness. When we feel like we can't control what's happening around us, it can be incredibly frustrating—and even debilitating.

That's why one of the most important things you can do for your mental health is to cultivate a sense of agency in your life. The more you feel like you are in control of your life, the more resilient you will be when faced with challenges.

When we believe that things are beyond our control, it's easy to fall into a state of helplessness. But when we feel free and self-determined, we generally flourish. That's because feeling like we have agency gives us the motivation to take action and shape our lives in positive ways. If you want to thrive, it's important to cultivate a sense of agency in your life.

If you want to build resilience in your life, it's important to cultivate a sense of agency. The power of agency refers to the capacity of individuals to act independently and shape their life circumstances. By exerting free will, the person expands his options and freedom. When feeling free and self-determined, we generally flourish.

What Is Agency And Why Is It Important For Resilience

You've probably heard the term "agency" but what exactly is it? And why is it so important? Agency is the power to act freely and make your own choices. It's about taking control of your life and charting your own course. Agency is the power to shape your own destiny and the belief that you can. Agency is something that we all have the potential to harness.

Why Agency Is So Important

Because it leads to resilience. Resilience is the ability to bounce back from setbacks and hardships. When you have agency, you have the power to choose how you respond to difficult situations. You can't always control what happens to you in life, but you can control how you react to it. And that makes all the difference.

How to Develop Agency

Developing agency starts with having a Growth Mindset.

This is the belief that your abilities and intelligence can be developed through hard work, good strategies, and continuous learning. It's the opposite of a Fixed Mindset, which holds that intelligence and ability are fixed traits that cannot be changed.

- Someone with a Growth Mindset believes that they can get better at anything they set their mind to.
- They aren't afraid of challenging themselves or making mistakes. They see setbacks as opportunities to learn and grow.
- And they're constantly looking for ways to improve their skills and abilities. If you want to develop agency, start by cultivating a Growth Mindset.

Another way to develop agency is to set goals.

Goals give you something to aim for and work towards. They provide direction and purpose in life. Without goals, it's easy to get caught up in the day-to-day grind and lose sight of what's really important. So, take some time to sit down and figure out what you want out of life.

What are your dreams and aspirations? Once you have a good understanding of what you want, start setting goals that will help you get there.

Agency is the power to act freely and make your own choices in life. It's about taking control of your life and charting your own course— regardless of what obstacles come your way. And it's something that we all have, that personal power is within us, we just need to give ourselves permission to tap into it and use it.

How A Sense Of Self-Efficacy Contributes To Overall Wellbeing

We all want to feel like we can overcome obstacles and achieve our goals. That sense of self-efficacy - feeling confident in our abilities - is an important part of well-being and resilience. When we feel efficacious, we're more likely to take on challenges, persevere when things get tough, and bounce back from setbacks.

Simply put, self-efficacy makes us feel like we can handle whatever life throws our way. But how does a sense of self-efficacy contribute to overall well-being and resilience? Let's take a closer look.

Self-Efficacy And Wellbeing

When we feel efficacious, we believe that we have the power to affect our own lives. We feel like we can influence our surroundings and make choices that will lead to positive outcomes. As a result, we're more likely to take actions that support our well-being, like exercising, eating well, and getting enough sleep.

We're also more likely to stick with healthy habits even when they're difficult because we believe that doing so will lead to the outcomes we desire. On the other hand, when we don't feel efficacious, we're more likely to give up on our goals and fall into unhealthy patterns.

Self-Efficacy And Resilience

In addition to supporting our overall well-being, a sense of self-efficacy also contributes to resilience - our ability to bounce back from setbacks. When we believe in ourselves, we're more likely to see failures as temporary setbacks rather than permanent roadblocks. We're more likely

to view obstacles as something that can be overcome with time and effort. This allows us to persevere when things are tough and eventually reach our goals.

A sense of self-efficacy is an important part of our lives. When we feel efficacious, we're more likely to take on challenges and persist even when things are difficult. A strong sense of self-efficacy allows us to see failures as temporary setbacks rather than permanent roadblocks.

Examples Of Situations In Which We Experience A Lack Of Agency

We've all felt it at one time or another—that sense of powerlessness, of not being in control of our own lives. We might feel like we're stuck in a job we hate, in a relationship that's going nowhere, or like we're just going through the motions day after day without any real sense of purpose. Situations like these can lead to feelings of apathy, depression, and anxiety. So, what exactly is happening when we feel this way?

Agency is the ability to act freely and independently in order to achieve a goal. When we lack agency, it means that we feel like we can't act on our own behalf to achieve our goals. We might feel like we're powerless, stuck, or trapped.

There are different factors that can contribute to a lack of agency.

- For example, someone who grew up in an abusive or neglectful home might have difficulty asserting themselves later in life. They might have trouble standing up for themselves or making their own decisions because they learned from an early age that their needs will never be met.
- A lack of agency can also be situational. For instance, if you've been unemployed for a long period of time, you might start to feel like you'll never find a job. Or if you're in an unhealthy relationship, you might stay because you don't feel like you have anywhere else to go. Situations like these can trigger feelings of hopelessness and despair.

If you're feeling like you lack agency in your life, it's important to remember that you are not alone. Many people feel this way at some point in their lives. The good news is that there are things you can do to regain a sense of control over your life.

Talk to a therapist or counselor about the situation and develop a plan for how you can start taking back control. Seek out supportive friends and family members who will help you through this difficult time. And most importantly, believe in yourself and know that you have the strength to make the changes you need to make in order to live the life you want to live.

The Benefits Of Having A Strong Sense Of Agency

A sense of agency is the feeling that we are in control of our lives and our destiny. It's the belief that we can direct our own actions and make choices that will impact our lives in a positive way. Having a strong sense of agency confers numerous benefits, including improved mental health, increased motivation, higher life satisfaction, better physical health, and improved resilience.

Improved mental health - A strong sense of agency has been linked with better mental health outcomes, including lower levels of anxiety and depression. When we feel like we're in control of our lives, we're more likely to take actions that improve our mental state and overall well-being.

Increased motivation - People with a strong sense of agency are often more motivated to achieve their goals. They believe that their actions can lead to desired outcomes, so they're more likely to take steps toward their objectives. This can lead to greater success in both personal and professional endeavors.

Higher life satisfaction - Those who have a strong sense of agency tend to be more satisfied with their lives overall. They see their lives as being under their control, and they take pride in their ability to make choices that shape their lives in a positive way.

Better physical health - A sense of agency has also been linked with better physical health outcomes. People who feel like they're in control of their lives are more likely to make healthy lifestyle choices, such as exercising regularly and eating a nutritious diet. These healthy habits can lead to improved physical health in the long run.

Resilience - One of the key features of resilience is the ability to act and adapt during times of adversity. Life happens, and we cannot control that, but what we can control is how we react to what happens in life. How we face challenges. How we deal with obstacles.

Do we face them with grace, strength and grit or do we fold and lay down?

This is where agency plays a critical role. When we use our power of agency it empowers us to take control of what we can, to take actions that help us to bounce back and to engage the proactive mindset that we need to resolve and face the issues we are facing.

When we believe in our own sense of control and power to make a difference it drives us to push, fight and overcome. If you want to develop your power of resilience, cultivating a strong sense of agency is a good place to start!

15 Tips To Use Your Power Of Agency

There's no question that life can be tough. We all face challenges, difficulties, and setbacks. But the good news is that we have the power to choose how we respond to these challenges.

Our power of agency gives us the ability to act in our own best interest, to make choices that will help us overcome adversity, and to build resilience in the face of adversity.

Acknowledge Your Power Of Agency

We all have the power of agency, which is the ability to choose our own actions and make decisions. This power is what allows us to be resilient in the face of adversity. The first step in using agency to build resilience is to acknowledge our power of agency.

When we realize that we have the ability to control our destiny. We can choose how to respond to challenges and setbacks, and we can decide what steps to take in order to achieve our goals. By using our power of agency, we can build resilience and create the life we want for ourselves.

Set Goals

It has been famously said that the two most important days in a person's life are the day we are born and the day we figure out why we are alive. Once we attain an understanding of the role, we play in the world we can begin to set goals and achieve them.

Our power of agency is what allows us to act on our goals. This power is within each one of us and it is something that we must learn to use effectively. One way to set goals is to create a personal mission statement. What do you want to accomplish in your life? What kind of person do you want to be?

Once you have answers to these questions you can start setting goals that will help you achieve your mission. Remember, your power of agency is strong in building resilience, but it won't work unless you use it. So, get out there and start setting some goals!

Make A Plan

As you probably now know, your power of agency is the power to choose for yourself. You can use this power to make a plan for your life. By taking the time to sit down and think about what you want, you can increase your chances of achieving your goals.

Of course, no one can see the future, but a well-thought-out plan can give you a roadmap to follow. It can also help you to identify possible obstacles and develop strategies for overcoming them. So don't wait until tomorrow to get started on making your plan. The sooner you start, the better off you'll be.

Take Action

There's no denying the power of taking action. When we take action, we're putting our energy and our intention into the world, and that can create powerful results. Of course, taking action isn't always easy. It can be scary to venture out of our comfort zones and try something new. But the rewards of taking action are worth it.

When we take action, we open ourselves up to new possibilities and new opportunities. We also gain a greater sense of control over our lives. We are no longer passive observers; we are active participants in shaping our own destinies.

If you're feeling stuck or uncertain about what to do next, remember that you have the power to take action and make things happen. Just take that first step and see where it leads you.

Be Persistent

One of the most important things you can do to achieve resilience is to develop persistence. Once you have decided what you want to achieve, it is important to maintain focus and not give up. There will be obstacles and setbacks along the way, but it is important to persevere.

One of the best ways to develop persistence is to set small goals and celebrate each accomplishment. This will help you to stay motivated and on track. In addition, it is important to keep a positive attitude and visualize yourself achieving your goal. Remember, anything worth achieving takes time and effort. But if you are persistent, you will eventually reach your destination.

Be Flexible

The beauty of life is that we always have a choice. No matter what situation we find ourselves in, we always have the power to choose our response. This power is what we call "agency." And while it's often said that "with great power comes great responsibility," the truth is that with great power comes great opportunity.

When we use our agency wisely, we open up a world of possibility. We can choose to be flexible in our thinking, and open to new ways of doing things. We can choose to take risks and learn from our mistakes. We can choose to be kind and compassionate, even when others are not.

We can choose to be the best version of ourselves, no matter what life throws our way. So today, remember that you have the power to choose. Use your agency wisely, and watch your world transform before your eyes through building resilience.

Know When It Is Time For Calculated Risks

A well-resilient person is able to not only assess risks well but also know when it is time for calculated risks. In order to do this, they need to have a clear understanding of what their goals and values are. With this knowledge, they can then weigh the pros and cons of taking a risk. If the potential reward outweighs the potential drawbacks, then it may be worth taking a chance.

However, if the risks seem too high or the chances of success seem low, then it is probably best to avoid the situation altogether. Ultimately, it is up to each individual to use their own judgment to decide when taking a risk is worth it. By using their power of agency, well-resilient people can make informed decisions that will help them reach their goals.

Be Well Rounded

It's been said that power is the ability to act or to produce an effect. In other words, power is the capacity to influence the behavior of others or the course of events. When it comes to being well-rounded, your power of agency is an important factor. This power refers to your ability to make choices and take action. It's what allows you to direct your own life and shape your own destiny.

Having a strong sense of agency gives you the confidence to pursue your goals and create the life you want for yourself. It also enables you to be more resilient in the face of setbacks and challenges. Therefore, if you want to be well-rounded, it's important that you develop your power of agency. By doing so, you'll be better equipped to achieve your goals and create a life that is rich and fulfilling.

Embrace The Power Of How You React

The power of agency is the belief that we are in control of our lives and our destiny. This means that we are responsible for our own actions and choices. We create our own reality through our

thoughts, emotions, and actions. While we may not be able to control everything that happens to us, we can control how we react to it.

We can choose to see the positive in every situation and to learn from our mistakes. When we take responsibility for our lives, we empower ourselves to create the life we want. The power of agency allows us to be proactive instead of reactive.

We can make choices that will lead us to our desired outcomes. We can change the course of our lives by changing our thoughts and actions. We are not victims of circumstance; we are captains of our own ships. It is up to us to steer it in the right direction.

Use your power of agency to create the life you want. Be the master of your own fate. Choose your own destiny. You have the power to make your dreams a reality. All it takes is faith, courage, resilience, and perseverance. Empower yourself with the power of agency today and start creating the life you've always wanted!

Being Street Smart Versus Book Smart

There's more to being successful than just being intelligent. Sure, having a high IQ can give you a leg up in life, but there's more to it than that. Being street smart - or knowing how to navigate the challenges of everyday life - can be just as important as being book smart.

Being street smart means having the ability to think on your feet and solve problems quickly. It's about knowing how to read people and situations, and being able to take advantage of opportunities when they arise. It's a valuable skill to have, and one that can help you in both your personal and professional life.

So, if you want to be resilient, don't just focus on increasing your IQ. Work on becoming street smart as well. It'll give you the edge you need to achieve your goals.

The Ability To Not Only Think Fast But Also Act Fast

Those who are resilient are often the ones who are able to think fast and act fast. They know how to seize opportunities when they present themselves. This does not mean that they do not carefully consider their options; rather, they are able to make decisions quickly and confidently.

If you want to be successful, you need to learn how to use your power of agency. You need to be able to identify opportunities and take action on them quickly. Only then will you be able to achieve your goals and reach your full potential.

Make Timely Decisions In Difficult Situations

As we go through life, we are constantly faced with choices. Some of these choices are easy, while others are much more difficult. But regardless of how tough the decision may be, we always have the power to choose what we do next.

This power is known as agency. Agency allows us to act freely in accordance with our own will. It gives us the ability to make decisions, even in the most difficult of situations. And while we may not always make the right choice, agency helps us to learn and grow from our experiences.

Know Your "Why"

Agency is the power to act for oneself. It is often used interchangeably with words like autonomy, independence, and self-determination. We all have agency, though some of us feel we have more agency than others. Agency is vital to our resilience. It allows us to direct our own lives, make our own choices, and pursue our own goals.

When we don't have a clear sense of purpose or direction, our lives can become stalled or even go off track. This is where the power of agency comes in. Agency gives us the ability to take

control of our lives and chart our own course. It allows us to set our own goals and pursue them with single-minded determination.

Do Not Agonize Over Small Details Which Could Lead You Astray

People who are resilient in using their power of agency do not agonize over small details which could lead them astray. For example, a person who is trying to lose weight may obsess over every little calorie they consume or whether they exercised for exactly 30 minutes.

This type of thinking can lead to feeling overwhelmed and frustrated, ultimately causing the individual to give up on their goal altogether. On the other hand, someone who is not as concerned with these minor details is more likely to stick with their plan and see results. This is because they are not allowing themselves to get bogged down by unimportant information.

View Problems As Opportunities Instead Of Roadblocks

Everyone faces problems. It's a part of life. What separates resilient people from those who crumble in the face of adversity is the way they view these problems. Resilient people see problems as opportunities instead of roadblocks. They know that every problem presents an opportunity to learn and grow. And they also know that there is always a solution to be found if you're willing to look for it.