

The Role of Goals and Visions in Building Resilience

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Research-Based

Much of the information about to be presented is based on findings of empirical research conducted in the western region of the United States and published in ProQuest, in 2024.

Full text of the Research can be accessed through Research Gate at no cost under the Researcher Name, Dr. Sable Marandi.

What is Resilience?

The **process** of adapting well given various life challenges...

(American Psychological Association [APA], 2020)

The term, **process**, is significant to the above definition, as it allows us to view resilience as a phenomenon that can be built as opposed to as a personality trait that is either found or not found in a personality.

Emphasizing Resilience, in view of a Process...

The **dynamic** process of adapting well, in response to various life difficulties, stressors, and challenges.

The **dynamic** quality of the process further reflects and highlights the fact that resilience as a process can be developed, meaning an individual of little to no resilience can learn to become resilient, even highly resilient.

The background of the image is an abstract geometric pattern. It consists of a grid of squares, some of which are raised to form a 3D effect, creating a series of steps or a staircase. The squares are colored in a dark, textured blue and a lighter, speckled grey. The lighting is dramatic, coming from the upper left, which casts long, dark shadows from the raised squares onto the adjacent squares, enhancing the three-dimensional illusion.

**So, Let's Build Some
Resilience!**

Building Resilience: Which Specific Model of Resilience?

To build resilience, or otherwise reflect on it in depth, we must first decide on a specific model of resilience.

This presentation will focus on the model known as
Adult Personal Resilience, (APR).

Adult Personal Resilience, (APR)...

A multidimensional model of Resilience,
consisting of four separate and independent dimensions,
Determination, Endurance, Adaptability, Recuperability

(Taormina, 2015)

Determination, Endurance, Adaptability, Recuperability

1- Determination...the willpower and sternness of purpose.

2- Endurance...the ability to weather and tolerate adversity and hardship.

3- Adaptability...the capability to adapt by character, nature, or design to a given situation, circumstance, or purpose.

4- Recuperability...the ability to recover from adversity, particularly in bringing oneself back into usefulness.

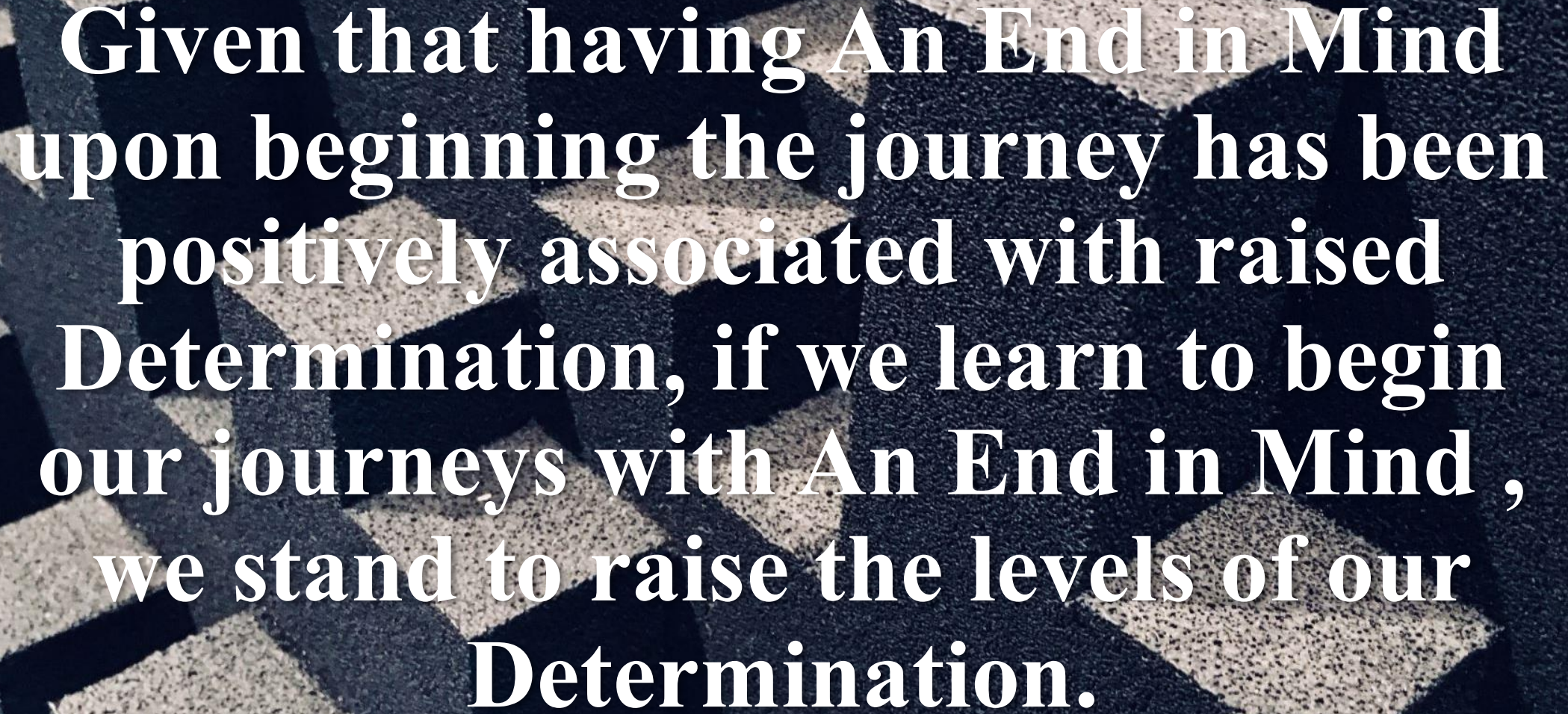
Determination

When exploring a description for the dimension of determination throughout the western region of the United States, the concept of having an end in mind was repeatedly introduced into the description by the research participants.

(Marandi, 2024)



Given that Determination is a dimension of Resilience, much like a building block thereof, if we raise the levels of our Determination, we stand to raise the levels of our Resilience.

An abstract background consisting of a grid of dark and light gray squares, creating a 3D effect of raised and recessed tiles.

**Given that having An End in Mind
upon beginning the journey has been
positively associated with raised
Determination, if we learn to begin
our journeys with An End in Mind ,
we stand to raise the levels of our
Determination.**

The background of the image is a complex 3D optical illusion. It consists of numerous interlocking cubes or rectangular blocks that create a sense of depth and movement. The blocks are arranged in a way that makes them appear to be rising and falling, creating a series of steps or a path that leads the eye into the distance. The lighting is dramatic, with strong highlights on the top surfaces of the blocks and deep shadows in the recessed areas, which enhances the three-dimensional effect. The overall color palette is dark, with the blocks appearing in shades of black, dark grey, and a textured, light grey or off-white. The text is overlaid on this pattern, centered horizontally and vertically.

**So, Let's Establish An
End in Mind for our
Journeys!**

An End in Mind

Significant terms relative to An End in Mind:

Goal

Vision

Purpose/Objective/Aim

Nearly all research participants felt that having some sort of end in mind as they began their journey contributed to their greater determination, hence their greater resilience.

But not all referenced their end in mind by the same linguistic symbol.

An End in Mind

(Continued)

Of the various references to an end in mind, A Purpose, an Objective, and an Aim relate specifically to why a task needs to be done, but Goals and Visions relate to the desire moving one to get the said task done.

Goals and Visions need to speak to us!!
They need to possess the ability to move us!!!

An End in Mind

(Continued)

The emotions aroused when a goal or a vision speaks to us, that goal or vision's ability to move us, are the very components of a goal or a vision that go to building one's determination.

Goals and Visions

Goals are phenomena which we seek to attain.

Visions reference an imagined depiction of the attainment of those phenomena.

Any Questions?

If not, this is a good time
to stop and reflect on
what we have taken in
thus far.



So, let's grab a cup of coffee and let's Set a Goal that Speaks to You and that Moves You, then write your Vision of its attainment!



How to Set A Goal or Write a Vision that Speaks to You and that Moves You? (Continued)

Words are linguistic symbols that represent ideas; knowing what the most important words in the spoken language are, to you, can tell you what the most important ideas in the world are, to you...the ideas about which you can get passionate and for which you can fight!

How to Set A Goal or Write a Vision that Speaks to You and that Moves You? (Continued)

Think of 3 to 5 words that mean more to you
than any other words...

Be Honest***

My 3 to 5 Words are...

Take a few minutes
and write your 3 to
5 words...

See example to the right...

- 1- Honor
- 2- Nobility
- 3- Grace

These words represent ideas that speak to me and move me, ideas about which I am passionate, and for which I could and would fight with all I have, then, find more in me with which to fight! You don't need to explain your words as I have here, only document them in written form.

Copy or print this card and use it to write your 3 to 5 words.

1- _____

2- _____

3- _____

4- _____

5- _____

Insert a
picture of
yourself in
this box

Setting A Goal or Writing a Vision that Aligns in Essence to Your 3 to 5 Words...

Now, that you know your 3 to 5 words, those words that speak to you and move you...those words that represent ideas about which you can get passionate and for which you can fight, **set a goal that aligns in essence to your words** and the ideas they represent!

Be Honest***

My Goal is...

Take a few minutes
and write your
goal...

See example to the right...

*My Goal is to complete the
framework for a study exploring the roles
of honor, nobility, and grace, in success
within the second year following earning
my Ph.D.*

Copy or print this card and use it to write your goal.

Insert a
picture of
yourself in
this box

Experiencing Achievement of Your Goal

It is Not enough to know your goal...

You must Experience it with all your senses***

Write a scene, wherein you detail the experience of having achieved your goal from the perspective of all your senses as known to you, and as significant to you...

Begin your scene by establishing Who You Are, then describe what you sense with each of your senses upon having achieved your goal...

See example on next slide

I am Dr. Sable Marandi, and my vision of myself on Thanksgiving 2025 is of a woman giving thanks for having completed a framework for the study of the roles of honor, nobility, and grace in success.

It's the night before Thanksgiving 2025. With my favorite red ceramic coffee mug in my hand, I sit and reflect for a moment. The scent and taste of the Godiva Crème Brulee coffee in my mug are undeniable as the heat from the mug warms my hands which are wrapped around it. The TV is on and SG1 is running in the background; I can hear Dr. Daniel Jackson's character echoing all my beliefs and convictions. They stress the Passionate Pursuit of Greater Knowledge and a Higher Moral Compass.

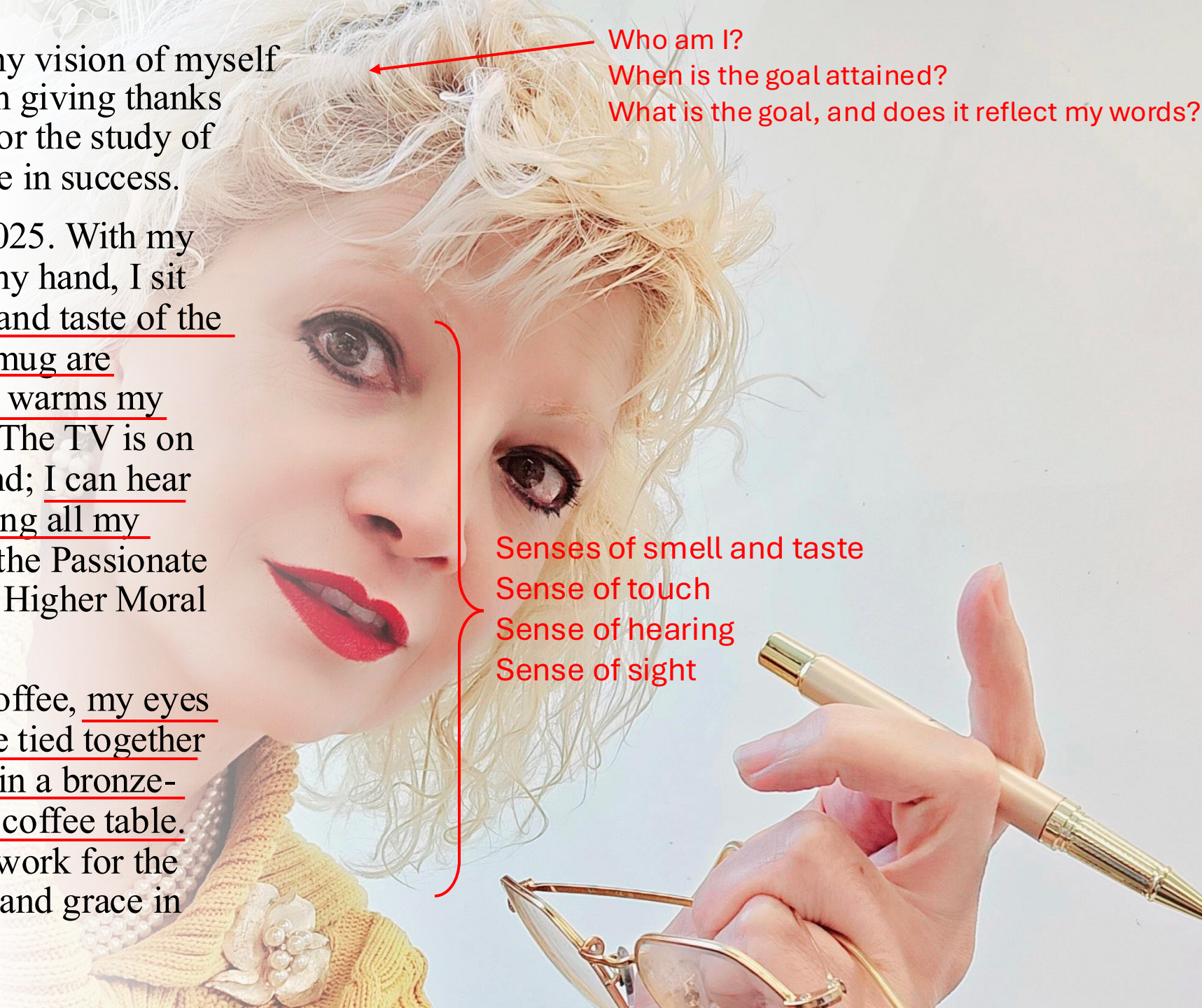
As I sit down and take a sip of my coffee, my eyes are taken to a stack of papers that are tied together with a pink grosgrain ribbon and sit in a bronze-colored metal tray on the mahogany coffee table. They are my notes detailing a framework for the study of the roles of honor, nobility, and grace in success.

Who am I?

When is the goal attained?

What is the goal, and does it reflect my words?

Senses of smell and taste
Sense of touch
Sense of hearing
Sense of sight



Copy or print this card and use it to write what each of your senses will experience upon having achieved your goal.

1- _____

2- _____

3- _____

4- _____

5- _____

Insert a
picture of
yourself in
this box

Copy or print this card and use it to write a visualization of what it will feel like to have achieved your goal...

The card features a light green background with a dark green border. On the right side, there is a white rectangular area containing a smaller white box with a green border. This inner box is intended for a picture of the user. The main body of the card is a large white rectangle with a dark green border, containing ten horizontal lines for writing a visualization.

Insert a
picture of
yourself in
this box



Now that you have a goal that is meaningful to you and a vision of achieving it, and have experienced that vision with all your senses, let's reflect on how smart your goal and vision may or may not be **without allowing the elements of smart, to limit our reach!**



Elements of SMART

Specific

Measurable

Achievable

Relevant

Time-bound

Is My Goal or Vision SMART?

Specific *Is my goal specific?*

Measurable *Is my goal measurable?*

Achievable *Is my goal achievable?*

Relevant *Is my goal relevant?*


Time-bound *Is my goal time-bound?*



SMART?

While it is important to know, understand, and appreciate the elements of SMART in goals and visions, it is equally important to not be limited by them!





**You now have the tools to set a Goal or
write a Vision as means to develop your
Determination, and accordingly your
Resilience!**

**You may apply what you have learned
to your own development as well as to
the development of your teachers and
your students!!**

Gratias ago tibi
pro tempore,
Scholarium!

References

American Psychological Association. (2020, February 1). Building your resilience.

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