



Resilience 2018

## RESILIENCE / JANUARY

Resilience is a virtue. It is the ability to bounce back from adversity. Everyone, usually many times in a lifetime, goes through times of trouble, disappointment, frustration, deep sadness and grief. It is in the actions and behaviors that you exhibit during these “down” times that make the difference in the quality of your future.

What you do and how you feel about hardships molds your future. Resilience is a key quality that successfully neutralizes negative changes in our lives. We can build up our resilience and channel our focus on contentment, clarity, happiness, and optimism. During this year we are going to move toward being more curious, having an open mind, standing strong and filling ourselves with resilience for a higher quality of life.

We all have choices. I choose to stuff myself with resilience. I want to be the best possible me during the good and the bad times. As I take the steps needed to harness my thoughts and feelings into a resilient mindset I hope that you join me this path to RESILIENCE.

There are considerations that I plan to explore during the resilience journey...this month I will consider;

- being grateful for my next precious breath
- the people I care about
- the positive and negative that is presented to me
- the unreasonable expectations and rules that I have set for myself
- softening my heart for my well-being
- the compassion that I have for others
- my giving patterns
- wisdom that I possess
- producing beautiful thoughts filled with care, kindness, and love

A rectangular pink box containing handwritten text in black ink. The text reads: "WHEN SOMETHING GOES WRONG IN YOUR LIFE, JUST YELL 'PLOT TWIST!' AND MOVE ON."

Building my resilience is a challenge that I am looking forward to. I hope you find it rewarding and walk with me.

## BIBLIOGRAPHY