

## RESILIENCE Rising cont.

- Get clear on what you want to achieve and describe it in such detail that you can smell, hear and see it. You can almost taste it. Make it real and create the desire to want it so bad that temporary setbacks and hurdles will not stop you.
- Surround yourself with inspirational people who have the spirit you want. They live the 'resilient' way you want to live. Learn what they know, do what they do.
- Music – there is nothing like a great song to inspire you to keep going. Find one that becomes your mantra for 'rising up'!
- Challenge the thinking that is keeping you stuck. Don't beat yourself up. Reflect, understand and do the work to move forward.
- Challenge the stories you have held, sort through for the truth and make a plan to go at it again this time wiser and even more inspired.

It is not easy to move to resilient, but rewarding when you get up after a fall and take even the smallest step. Marry resilience with courage and it is a winning combination that can take you anywhere! Pretty soon, you will not fear the fall and you will definitely not tolerate staying on the floor.