



Resilience is the end game, even when it's not the preamble, the opener or the overture

Resilient people may think about quitting, they just don't finalize the decisions to give up

Resilient people may bend, but they don't break

Resilient people might cry, but eventually they dry their tears

Resilient people may fail, but they still show up to take the next test

Resilient people still get depressed but they don't stay repressed or oppressed

Resilient people still may feel hope slip away, but hope never fully escapes their reach

Resilient people get knocked down and they may get knocked out, but they still get back in the ring

Resilient people may get afraid and run, but they eventually come out of hiding

Resilient people may feel like they have low worth, but never completely 100% worthless

Resilient people may feel alone and isolated but they somehow find a way off of the island

Resilient people get frustrated but not defeated

Resilient people may feel dejected but their goals are never fully rejected

Resilient people learn to force the body to go, even when the mind doesn't fully want to follow

Resilient people may feel discouraged but never fully lose their last ounce of courage

Resilient people may feel disheartened – but they never fully lose heart

Discuss the above thoughts on resilience and think about how some of these statements apply to you

Then, consider the following list of words and phrases – Consider each one from the standpoint of how each word or phrase can help increase resilience:

Gratitude

Preparation

Self-Reflection

Motivation

Grit

Perspective

Reframing

Pushing through

Strategizing

Reaching out

Trusting

Believing

Building

Managing

Envisioning

Holding on

**“Resilience
comes from
the Latin
word ‘resalire’,
which means
springing back”**