

Resilience

good vibes
HAPPINESS SERIES

"Success is not final, failure is not fatal, it is the courage to continue that counts." - Winston Churchill

Living meaningfully is rarely easy - reaching for your dreams takes perseverance, a willingness to be uncomfortable and the courage to take risks when outcomes are uncertain. 'Failures' are inevitable when we are pushing ourselves out of our comfort zone, however we must not let setbacks defeat us.

'Resilience' is the ability to manage adversity, to bounce back from hardship and to continue forward despite difficulty. Resilient people accomplish more while feeling happier.

You can actively build your Resilience:

- Expect, and be willing to experience unforeseen difficulty.**
- Foster a 'Growth Mindset:' Remember that any skills you are currently lacking can be improved with effort and time.**
- Watch your thinking: avoid catastrophizing, and focus on what you can learn and apply on your next attempt.**
- Use 'SMART' Goals (Specific, Measurable, Achievable, Realistic & Timely) to track progress and build confidence.**
- Surround yourself with supportive, helpful relationships.**
 - Attend to your self-care regularly.**
 - Ask for help when you need it.**

Resilience

menu of activities

Research SMART Goals

(Specific, Measurable, Achievable, Realistic, Timely)

Set SMART Goals in two areas you would like to focus on.

Ask for help doing something you have given up on.

Examine your relationships, consider addressing any which demotivate, discourage or dismiss your growth.

Ask your friends or someone you look up to about times they have 'failed,' and share stories of bouncing back.

Recall a recent time you 'failed', and think about what you can learn from it, and how you will move forward.

Practice 'willingness' by embracing discomfort and uncertainty as a natural part of growth.

Seek out something you haven't done before and try it out.

Catch yourself catastrophizing, and remind yourself that setbacks only defeat you if you stop trying.