

Rules for Resilience

1. Do something difficult each day for no other reason than it's difficult: Overcoming adversity forges rigor, persistence, and self-efficacy.
2. Practice finding the positives in each day: Optimistic is the heart of resilience.
3. Avoid negative thoughts and action: Focus on the positives.
4. Setbacks and crises provide opportunities: Concentrate on the opportunities, not their difficulties.
5. Don't berate yourself for setbacks: Learn from them.
6. Remind yourself of the setbacks that you have overcome: Visualize success.
7. Be supportive of others: Others will reciprocate.
8. Take responsibility for your life: Live with purpose.
9. Anxiety undermines positive thinking: Take stress breaks-short and long.
10. Once you accept a task, never ever give up.