

Strengthening Your Resilience: 5 Ways to Bounce Back Strong from Adversity

Accelerating Excellence
Podcast Episode #31

Don't pray for an easy life, pray to be a strong person.

Resilience: *the ability to overcome adversity, turning negative experiences into positive outcomes.*

1. VIEW ADVERSITY AS TEMPORARY NOT PERMANENT.

Challenge your thoughts. Reframe negative experiences. Let the past refine you, not define you. Stop listening to yourself and start talking to yourself. Avoid seeing adversity as permanent and insurmountable.

2. DEVELOP STRONG AND CARING RELATIONSHIPS.

Strong relationships are the foundation for a strong life. Don't go it alone. Share your burden with others you care about and who care about you.

"Joy shared is double joy and sorrow shared is half-sorrow."
-Swedish Proverb

3. TAKE CARE OF YOURSELF

Don't let yourself go physically, mentally, emotionally or spiritually. Your self-belief plays an important role in overcoming adversity. Continue to practice self-discipline in everyday actions. Practicing self-discipline enhances the belief that you can overcome adversity.

4. VIEW ADVERSITY AS A CHALLENGE.

Think of how adversity strengthens you. Look at your difficult tough times as making you a tougher person. Decide that you won't just cope but that you will **thrive** through adversity.

5. FOCUS ON WHAT YOU CAN CONTROL.

Focus on what you can control. Focus on constructive actions you can take. Focus forward. Don't try and change the past; you can't. Set realistic goals. Goals move you forward.

Character comes from being tested in the fire, being pushed to your limits. Your character and confidence is not shaped through comfort and ease but by challenging circumstances. One person's adversity is another person's opportunity.

"Rock bottom was the solid foundation in which I rebuilt my life."
-J.K. Rowling