

HOW TO BE RESILIENT

6 Secrets Revealed!



Secret 1

Every morning when you wake up, tell yourself
"Today I choose Joy"
Or "Today I choose Gratitude"

Anytime you feel anxious or stressed,
say to yourself

"This minute I choose Joy"
Or "This minute I choose Gratitude"

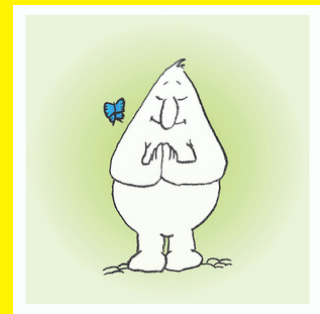
Make this your story and
consciously choose JOY and GRATITUDE
in every moment.

Make the decision to do this
as a new daily ritual.





Secret 2



Control your thoughts.

You **control** what you choose to think,
and that controls **your story**,
which then controls your life.

Observe and listen to what story
you are telling yourself
- about yourself, others and situations.

Distinguish judgment from discernment.

Challenge the negative stories and question the
reality of **all** your stories. Ask yourself -
what is my story right now?
when did this story start?
and who does it serve?

Then change any story that is not true.





Secret 3

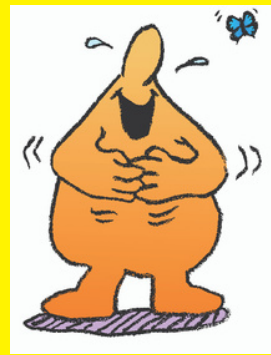
Be Present. Find The Funny.

Most fear comes from dwelling on the drama of the past or the uncertainty of the future both of which rob us of the present moment,
Remind yourself to be right here, right now
in this moment.

Find the funny! And if not funny,
then find the gratitude, the good, the love.

Listen to yourself, notice and feel what is around you and if you notice thoughts of the past or future - say 'not now' to yourself!
Or 'STOP IT'!

Then bring your entire being back to being fully present with either another person, a group, a situation or yourself.



Secret 4

Go Into Nature

Take off your shoes and go outside preferably. Stand on the grass or dirt or tiles or something that has earth in it! **Stay there till you feel better.**

Hug a tree! Smell a flower. Admire something beautiful. Watch the leaves jostle in the wind.

Walk barefoot on wood. Breathe fresh air.

Sit with your feet on an earthing mat.

Walk on the beach. Swim in the ocean.

Go into the garden if you have one.

Or tend to a pot plant. Listen to birds singing.

Feel gratitude and reverence
for the awesome beauty of nature.

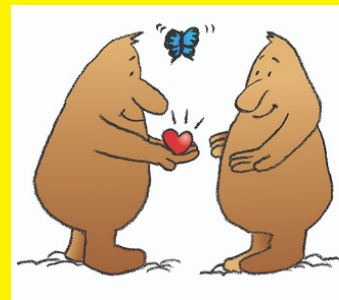
If all else fails

- watch a video of something beautiful in nature!





Secret 5



Connect Heart To Heart. Human To Human.

Connect to your own heart. **Life is not all about feeling good - it is about being good at feeling!**
Notice how you are feeling and choose to change your story if it's not a neutral or joyful feeling!

Be kind to yourself.

Connect your heart to others hearts -
be thoughtful, considerate and kind with others.

Ask how others are feeling and truly listen.
Respond to those feelings.

Call someone you have been thinking about
or someone you love
but have not spoken to for a while.

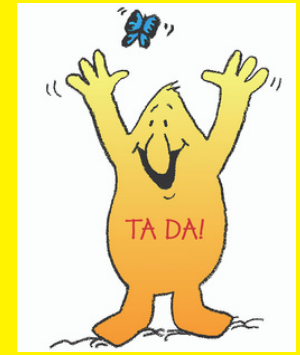
Smile at a stranger or a colleague - or any human!



Secret 6 - Fully Live!



Wake up.
Grow up.
Show up.
Mess up.
Pick up.
Show up.
Mess up.
Pick up.
Show up



and keep going till you die!

Do it all with kindness, love and gratitude - for yourself,
others and the opportunities.

Wake up - become conscious and aware

Grow up - take responsibility for yourself, your actions and your life

Show up - be your best version at all times

Mess up - mistakes are innovative ways to learn

Pick up - learn your lessons, do what needs to be done and move on
to Show up again!

KEEP SHOWING UP!

It's your choice and
the REAL secret of RESILIENCE!

