

8 BUILDING BLOCKS OF RESILIENCE

ACCEPT ANCE

Acknowledging reality as it is – without getting stuck in it.

FUTURE ORIENT ATION

Keeping a vision of where you're going – even when the path is unclear.

OPTI MISM

Not blind positivity – the trained ability to see a path forward, even in difficulty.

OWNER SHIP

Taking responsibility for your response – even when you didn't cause the problem.

RECO VERY

Deliberately creating space to recharge – rest is not a reward, it's a requirement.

RELATIO NSHIPS

Actively drawing on relationships as a resource – resilience is not a solo sport.

SELF- EFFIC ACY

The belief that you can influence what happens to you – the engine of resilience.

SOLU TION FOCUS

Directing energy toward what you can change, not what you can't.