



# Resilience

**"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 courage to take risks. 'Failures' are inevitable, 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.**



# Ways to Practice

**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.**