



Resilience

Resilience is the ability to stay **motivated**, **optimistic** and **determined** even in the face of tough challenge. It is what gives someone the courage to see failure as an opportunity, instead of an end. There are four types of resilience, and each of them can be built. Make a list of simple daily activities that, overtime, will help build your capacity to overcome challenges.

Identify a personal goal:

Physical:



Ex. Move your body for one minute each hour

Mental:



Ex. Start each day by making your bed

Emotional:



Ex. Do three small things that make you feel good each day

Social:



Ex. Spend time with people who make you smile
