

RESILIENCE

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.” - Thomas Jefferson

► HOW CAN WE GET, OR STAY, RESILIENT?

1. Keep the _____ in mind.
2. Know your _____ up.
3. Know your _____ why.
4. Know what balls are _____ and _____.
5. Keep the _____ hot.
6. Learn to discern what is _____ and what is a _____.
7. Don't let _____ go on forever.
8. Learn from _____.
9. Fight for:
 - a. _____
 - b. _____
 - c. _____
10. Be _____.
11. Give yourself a _____.

