

# THE POWER OF RESILIENCE: 10 KEY TRAITS AND HABITS TO A STRONG MINDSET

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“As a navy seal you understood the word frontline to mean the place where you meet the enemy. The frontline was where battles were fought and fates decide.

The frontline was a place of fear, struggle and suffering. It was also a place where victories are won, where friendships of a lifetime were forged in hardship.

It was a place where we lived with a sense of purpose.”

~ Eric Greitens, in his book Resilience

1. **ADVERSITY IS NOT YOUR \_\_\_\_\_.**

*“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.” ~ James 1:2-4*

2. **CONFRONT THE \_\_\_\_\_ FACTS**

3. \_\_\_\_\_ **WINS**

*“To be resilient - to build a full and meaningful life of strength, wisdom and joy - is not easy. But it is not complicated. We can all do it. To get there it's not enough to want to be resilient or to think about being resilient. We have to choose to live a resilient life” ~ Eric Greitens*

1. You can \_\_\_\_\_ resilience.

2. It is possible to \_\_\_\_\_ virtues and it's possible to \_\_\_\_\_ your character and by doing that its possible to change the \_\_\_\_\_ of your life.
3. You cannot borrow or \_\_\_\_\_ resilience. You have to do the hard work of building \_\_\_\_\_ in your life.

We don't **rise** to our expectations, but **fall** to our level of training.

4. **EMBRACE** \_\_\_\_\_.
5. **PURPOSE IS YOUR** \_\_\_\_\_.
6. **PRACTICE AND PROTECT** \_\_\_\_\_.
7. \_\_\_\_\_ **ARE KEY**

Everyone needs three people:

1. A \_\_\_\_\_
2. A \_\_\_\_\_
3. A \_\_\_\_\_

8. **CULTIVATE A** \_\_\_\_\_ **MINDSET.**
9. **RESILIENCE REQUIRES A SENSE OF** \_\_\_\_\_
10. **RESILIENCE IS A** \_\_\_\_\_, **NOT A** \_\_\_\_\_.

*“Of all the virtues we can learn, no trait is more useful, more essential for survival, and more likely to improve the quality of life than the ability to transform adversity into an enjoyable challenge.” ~ Mihaly Csikszentmihalyi, psychologist*