

RESILIENCE

Abilities

for Success in Business and in Life



• www.RESILIENCEABILITIES.com •

Top 10 RESILIENCE *ABILITIES*

for Success in Business and in Life



About the Author - Belinda J Shaw

The Problem Finder - International Speaker -
Retail Recalibration Expert

Belinda J Shaw is an engaging and inspiring presenter who will transport your audience on a journey of self-discovery. They will seek that which they already know, and yet sometimes struggle to find.

Intelligent, dynamic, and captivating, Brisbane based Belinda is a solution-based, out-of-the-box speaker with a wealth of experience. Workshop trainer, facilitator and master coach and author of her best-selling book on RESILIENCE – The Becoming of Wisdom, from fragmented to free.

Building RESILIENCE is like having an owner's manual for your brain. It helps you eliminate fears, phobias, anxieties, and low self-esteem, resulting in clarity of thought, focus and the impetus to strive for direction and improvement. Take control of your emotions and become even more confident. Develop an unshakable sense of your own self-worth. Achieve the impossible.

You want to be appreciated. You want to feel needed, competent, loved. You want to feel you are making a difference.

With her vast knowledge base in the world of business, human potential, her recovery from devastating loss, and personal hardship to draw upon, Belinda uses her natural intuition, innate wisdom, and compassionate insights to drill down to the core of any problem and move toward success.

Belinda's life changing 'Resilient R.O.A.R.' program allows you to discover:

- where you can do better,
- how you can better serve,
- be grateful for what you have,
- and give more.

As the Retail Recalibration Expert, she engages with retailers to breathe life back into their bricks and mortar stores using her 5-part Retail Recalibration process.

The cornerstones of purpose, process, production, and people are layered with neuroscience to understand individuals, what motivates them, what part of a team they work best in and how to reward them when success is achieved.

Belinda's experience in retail, and the business world enable her to quickly connect, speak the same language and truly find the source of any problems, digging deep to find the root cause of what appear as superficial issues.

You need to find the problem before you can solve the problem! The problem is never the problem...Here is where she became known as **THE PROBLEM FINDER.**

Shaped by experiences good and bad, she knows that RESILIENCE, kindness, and forgiveness helped her to build her inner ROAR and take control. Now Belinda works with others to help them find and strengthen their own Resilient R.O.A.R.™ so they can shape and celebrate the life they have been gifted.

Using RESILIENCE *ABILITIES*, your team will become UNSTOPPABLE.

They will be RESILIENT enough to trust that their 'WHY' is big enough, and they have what it takes to remain focused through to the successful conclusion of any project, big or small.

Her mission in life is to inspire and motivate others to reconnect with their sense of purpose and build strong RESILIENCE *ABILITIES* in business and relationships.

The doctrine Belinda lives by is:

*"In every situation be thoughtful. To every living thing be kind.
You see, what matters most in life is not what you become but who".*



Belinda J Shaw

Speaker | Coach | Author

+61 413 464 289

theproblemfinder@RESILIENCEABILITIES.com

www.RESILIENCEABILITIES.com

PO Box 1078, Aspley Qld 4034

Terms and Conditions

LEGAL NOTICE

The practical information given in this eBook, like everything else in life, should be treated as a guide only, use your own discretion for risk and seek the guidance of a suitable professional with any medical, health, or mental health problems. Any use of information in this eBook is at the reader's discretion and risk.

This eBook is not intended as absolute. Neither the author nor the publisher can be held responsible for any loss, claim or damage arising out of the use, or misuse of the suggestions made, or for any material on third party web sites.

Please print this eBook for ease of reading.

The 10 Most Important RESILIENCE *ABILITIES*
Copyright © 2023 by The Problem Finder

Belinda J Shaw

All rights reserved 05 2023
Email: TheProblemFinder@RESILIENCEABILITIES.com
URL: www.RESILIENCEABILITIES.com

Without limiting the rights under copyright reserved above, no part of this publication may be reproduced, stored in or introduced into a database and retrieval system or transmitted in any form or means (electronic, mechanical, photocopying, recording or otherwise) without the prior written permission of both the owner of copyright and the above author, except in the case of brief quotations.

Contents

Terms & Conditions	5
Contents	6
Dedication	7
Introduction	8 -11
The 10 Most Important RESILIENCE <i>Abilities</i>		
1.RELATIONSHIPS	12-13
2.ENVIRONMENT	14-15
3.SELF-CARE	16-17
4.IMAGINATION	18-19
5.LOVE	20-23
6.INTUITION	24-26
7.EMPATHY	27-28
8.NATURE	29-30
9.COMMUNICATION	31-32
10.EVOLUTION	33-36
Thoughts and Comments	37

Dedication

This book is dedicated to my past clients, future clients, and those I am working with today.

You have and continue to bring RESILIENCE to the world in tremendous ways. Thank you.

All the aspects of RESILIENCE *ABILITIES* show up every day in what you do, and how you do it. And when you show up as resilient beings so to do those around you.

We learn.

We teach.

We reinforce.

Introduction

If you find your relationships either business or personal wavering, you need *RESILIENCE ABILITIES*. You may feel like you, or those around you are treading on eggshells, trying to constantly “keep the peace”. This is common in places where *RESILIENCE* is absent.

At work, lack of *RESILIENCE ABILITIES*, shows up as absenteeism and requests for mental health days.

It shows up as low self-esteem, which does not allow anyone to shine. It shows up as people taking a back seat, not wanting to shine because in the past they may have been ridiculed for their ideas.

RESILIENCE is necessary. Everyone needs it. It's not only necessary it's rudimentary, a fundamental life skill. And yet, no one has taught it...until now.

No more worrying about what others are saying about you; to you or behind your back.

Chapter 1, you will discover the most important **RELATIONSHIPS** and how to shine in them.

Chapter 2, discusses the **ENVIRONMENT** in which you find yourself and how to take charge of it.

Chapter 3, reminds you that **SELF-CARE** is essential for life and creates positive life force energy.

Chapter 4, if you think it, you become it. **IMAGINATION** is the most critical thinking ability.

Chapter 5, **LOVE** is all you need.

Chapter 6, We all have **INTUITION**, here we'll talk about how you can tap into yours and how to trust it.

Chapter 7, **EMPATHY**, not everyone has it but you can develop it, and for RESILIENCE to be your constant companion empathy is a discipline.

Chapter 8, Time in **NATURE** cures most of what ails the human spirit.

Chapter 9, listening to understand, speaking your truth, purposeful **COMMUNICATION** is inspiring, honest, heartfelt, sometimes maverick and essential in all Leadership roles.

Chapter 10, Deep soul level **EVOLUTION** is not for the faint of heart. When you are tired of the 'bounce-back' and want more, this is the only way forward.

When you add all these chapters together you find the RESILIENCE ABILITIES are working with you to have FUN. Your life becomes much more enjoyable when RESILIENCE is your companion. When you are resilient you don't have to worry.

Ready? Let's go...

When you have a work force or team that are resilient, they are unstoppable which makes your business shine in the most brilliant ways possible.

WIN

When your people develop the ability to be resilient in the face of setbacks or challenges, they become more creative in their solution finding abilities.

WIN WIN

When your people know that being resilient allows them to fail, learn, do better, succeed then they know they have found the ultimate 'great workplace' this is a rare find.

WIN WIN WIN

Good for you.

Good for them.

Good for the greater good.

In a world where failure is seen as weakness, and is often shunned, shamed, and ridiculed, having a workplace that embraces mistakes or perceived failures, as learning, is like a breath of fresh air.

No one is perfect, not all the time, so to find a work culture that not only understands the principles of RESILIENCE but embrace them fully, that is a rare thing and is a workplace to be coveted. Everyone will want to work there!

Some workplaces require that safety first, as the most important thing and that mistakes cost lives and of course that is true in those industries. Let's not forget that's why the workplace health and safety act was brought into being. A document that in its most basic form brings RESILIENCE to a workforce by making people (employers and employees) responsible, dare I say it 'accountable' for their actions in dangerous jobs. That is building RESILIENCE in a workforce.

- RESILIENCE *ABILITIES* run deep and are much more than a 'to do list'.
- RESILIENCE *ABILITIES* are in many ways a self-regulatory system that makes you the captain of your ship.
- RESILIENCE *ABILITIES* make you stronger, more reliant, more able to work alone or as part of a team.
- RESILIENCE *ABILITIES* make you responsible for your thoughts, feelings, actions and reactions.
- RESILIENCE *ABILITIES* make you a better partner at home too. Bring the best of you to ALL you do, ALL you are, ALL the time.

RESILIENCE *ABILITIES* have you checking in on these 10 attributes to ensure your safety net is always in place. This safety net helps you find your Resilient R.O.A.R

1. **RELATIONSHIPS**
2. **ENVIRONMENT**
3. **SELF-CARE**
4. **IMAGINATION**
5. **LOVE**
6. **INTUITION**
7. **EMPATHY**
8. **NATURE**
9. **COMMUNICATION**
10. **EVOLUTION**

CHAPTER 1 - RELATIONSHIPS

There are four types of Relationships that you can have.

- 4) Where you fit in the world and what is your relationship with it.
- 3) In workplaces and organisations in which you play a part
- 2) Friends and Close Family, these are more intimate relationships
- 1) The relationship you have with yourself.

4. Everyone in the big wide world whom you don't know but, may hear about on the news and feel a level of empathy, especially in an emergency situation or natural disaster.
3. It is in workplaces with healthy work dynamic relationships up, down and across the workforce and leadership team that people thrive. Their ability to be resilient shines and it shows up as trust, and a willingness to participate in group activities. It shows up as punctuality, consideration for fellow teammates, and a 'can do' attitude.
2. It is human nature to want to have loving relationships with your chosen partner, and extended family. This shows up as respect, generosity, understanding and great communication. When you are in a strong healthy loving relationship, you show up as your best self. You show up with the desire to help your family achieve what they most desire in life.
1. When you have a strong loving relationship with yourself you are a powerhouse. You have strength of character, the desire and will to do great things for you for your family for your community. You know that it is in the giving that you receive so much more than most people think is even possible. A solid relationship with yourself means you take care of you first, that is also known as being functionally selfish.

Because how you do one thing is how you do everything.

When you are being this person your RESILIENCE ABILITIES are strong. You can endure hardship, grief, job loss, heartbreak, hard times and know that these too shall pass, and your smile will return once more. It's not always quick or easy but with a strong loving relationship with yourself it is inevitable.

***The first of the RESILIENCE ABILITIES is
having great relationships.***

Quotes

*“People are lonely because they build walls instead of bridges.”
Joseph F Newton*

*“Choose your relationships wisely. It’s better to be alone than in bad company.”
Anonymous*

*“In relationships, the little things are the big things.”
Steven Covey*

*“Your relationship with yourself sets the tone for every other relationship you have.”
Robert Holden PhD*



CHAPTER 2 - ENVIRONMENT

Your environment is a multifaceted thing. There are several parts to it. Each are important and reflective of the spaces you create physically at home and at work, and in your mind, in your heart and in your soul.

When you live in a space that is clean and clear of clutter your thoughts too are clean and clear. Your workplace space, your desk, countertop, your vehicle is a reflection of your thoughts and feelings about life.

Each of these spaces has the ability to allow space for growth and positive energy exchange OR if cluttered, can cause energy flow to shut down and bring a halt to anything coming your way. This is a classic case of energy in motion; or not!

Energy+Motion = Emotion

A cluttered physical environment can cause stuckness in your actual life. In clear spaces there is a natural flow of energy that comes to and through you, which is what you want. It's the same for mind, body, heart and spirit.

If your place is cluttered and you feel stuck – get to it.

Start with your sock drawer – liberate that lonely sock send it to sock heaven.

Anything that is broken, or that you don't use any more remove it.

The second of the RESILIENCE ABILITIES is creating a wonderful environment around yourself.

Quotes

“A truly healthy environment is not merely only safe but stimulating.”

William H. Stewart

“Pliable human nature is relentlessly pressed upon by its physical environment.”

Jane Addams

“Clutter is not just the stuff on the floor – it’s anything that stands between where you are and where you want to be.”

Peter Walsh

“Clutter is nothing more than postponed decisions.”

Barbara Hemphill



CHAPTER 3 - SELF-CARE

"Welcome aboard your Qantas flight to London in case of an emergency the oxygen masks will come down, please ensure you put yours on first before helping other passengers" if you've ever flown you've heard it. But do you know what it really means?

It means you can't help anyone else if you are gasping for air!

It means if you are ok then you have the ability to help others.

It is giving you permission to help yourself first.

It is giving you permission to be functionally selfish.

When you take care of yourself first, you are more able to help others. This means everyone. This is not a rule for one gender over another. It's not a rule for everyone except mums. It's not a rule for people with money and not for everyday workers who may live paycheck to paycheck.

Self-care is important. In fact, it is essential for everyone.

What are three things you love to do?

A)

B)

C)

How often do you do them?

All the time

Often

Sometimes

Rarely

Never

Look after you, then you are more able to look after others who depend upon you.

You cannot drink from an empty cup. You know the activities you enjoy most, and you do them, you do not put them off.

Your relationship with yourself is critical in showing others how you will show up for them.

***The third of the RESILIENCE ABILITIES is
Self-care or taking care of yourself.***

Quotes

“Self care is not self indulgence, it is self preservation.”

Audre Lorde

“Almost everything will work again if you unplug it for a while, including you.”

Anne Lamott

“To love oneself is the beginning of a life long romance.”

Oscar Wilde

“You can’t go back and change the beginning but you can start where you are and change the ending.”

C.S. Lewis

This way to a new ending..



CHAPTER 4 - IMAGINATION

If you think it, you can become it.

This is true if you want to become an Olympic athlete – the race is won before you get on the field, because you've run that race a million times in your head before you actually run the race.

This is also true if you have thoughts of being not good enough, not worthy or living in a state of lack, or forever chasing riches that are constantly out of reach.

Thinking about what you want... Not what you don't want is so important to how you get to live your life.

Most people have heard of the "don't think of a blue elephant" and all you can see in your mind's eye is a blue elephant. Where thoughts go energy flows. In an instant you have created a blue elephant in your thoughts. To remove the blue elephant, you must think of something else, like a green apple... Mmm... yum you can taste it right? Crisp fresh tangy. Thoughts evoke very strong sensory memories.

Your imagination is the one thing you always have control over. If you can imagine your life differently – you can manifest that life.

Be aware of what you think about. If your imagination is costing you time, money or sleep, then reimagine it the way you want it to be write that down, manifest that...

If you do one thing every day toward your goal, you will be closer than you were last week or the week before. "Shoot for the moon, and at the very least, you'll land amongst the stars."

***The fourth of the RESILIENCE ABILITIES is
having a wild imagination.***

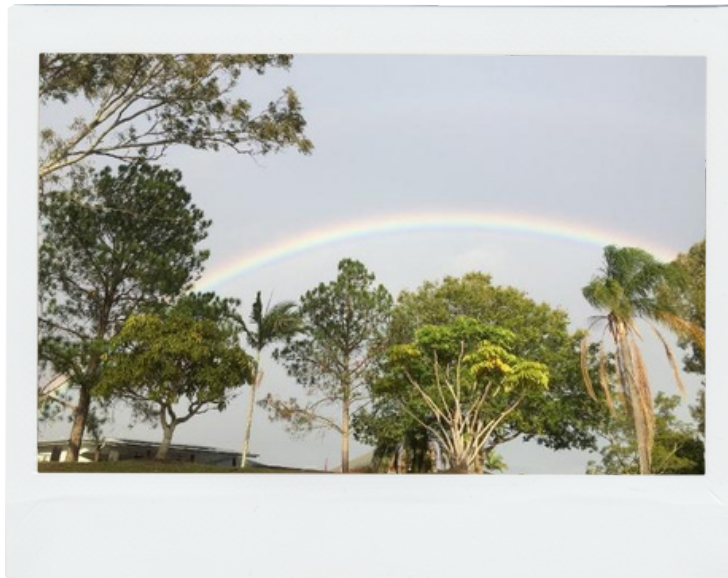
Quotes

*“Imagination is everything, it is the preview of coming attractions.”
Albert Einstein*

*“The true sign of intelligence is not knowledge but imagination.”
Albert Einstein*

*“Live out of your imagination, not your history.”
Steven Covey*

*“Your past does not equal your future.”
Belinda J Shaw*



CHAPTER 5 - LOVE

There are many different types of love. Love of Self, an intimate love partnership. Parental love, family love. The love of a pet which is totally unconditional. You can have a love of learning, love of doing new things, love of meeting new people, love of 'the Arts', love of fast cars, bikes, horses, dogs; the love of nature, flowers, stargazing, waterways, the love of travel, of new experiences.

You name it, you can love it.

Just the same, you can love alone time, stillness, solitude, meditation, walking, listening to music. The list is endless.

Love really does make the world go around.

I often do a speed writing exercise with my clients. I love it and after you've done it, you'll love it too. I'll share it with you here.

You have 60 seconds to write a list of 50 things you love most. Absolutely anything. There is no judgement here, the list is for you and your benefit ... No one else will ever see it.

Ready... Go

1

.

..

.

50

Ok stop!

How many did you get?

Most people if they truly let their heart and head connect can get somewhere between 20-30.

Those who tried to get it right or more accurate often get somewhere between 10-15

Once again, no judgement. This is not a right or wrong exercise. It's just a list of things you love.

Let's go another 60 seconds. I'll tell you the purpose of this exercise in a minute-literally.

Ready to write?

Go...

There now.

The purpose of writing this list is to see how many of the things you love most do you already do, or can you do, or add into your day-to-day life.

A lot of people write family, holidays, chocolate, fountain pens...

It matters not what is on the list.

What does matter is how can you nurture that every day.

Oh! Are you on your list?

If it's family, how do you show up for them?

If it's holidays, are you planning a holiday right now? Do you have something to look forward to in the near future or are you planning a bigger trip in the next year or so?

Chocolate is an obvious choice for chocolate lovers, but then again, it must be good chocolate, or what's the point!

For me it's fountain pens, I have a great collection of them and absolutely love writing with a beautiful fountain pen. Fountain pens always find a place on my top 50, usually close to the top!

I challenge you to incorporate as many of these 50 things you love, to be part of your daily routine where possible.

Oh! if cream cake was on your list unless you are a cake maker by profession ... Probably best not to eat that daily!

The fifth of the RESILIENCE ABILITIES is love.

Quotes

“Do what you love and love what you do.”

“So, I love you because the entire universe conspired to help me find you.”

Paul Coelho, The Alchemist

“The greatest happiness of life is the conviction we are loved; loved for ourselves, or rather, loved in spite of ourselves.”

Victor Hugo

“Most people have never experienced unconditional love, that’s why god invented dogs”

Belinda J Shaw



CHAPTER 6 - INTUITION

You have intuition. You are intuitive.

You get a gut feel about someone or a situation. Do you go with that? Do you trust it? It will not let you down. Have you ever second guessed those feelings? Did that work out well?

Apparently, we have three brains. The one in our head that helps us to think rationally, the one in our heart helps us to think emotionally, the one in our gut helps us to think intuitively. When all three are in alignment with the choices and decisions you make – look out – you have just become a powerhouse.

The ability to tap into your intuition is key to being resilient in trusting your knowingness, trusting your gut, feeling the outcome before it happens.

When you are in tune with yourself, your *RESILIENCE ABILITIES* are strong. You can tell the difference between good and bad, and you make wise decisions.

Wisdom carries weight here.

Wisdom not only comes from your past experiences (both good and bad). These experiences become the filters you look through to check if there is danger (perceived or real) or joy or any other strong emotion (perceived or real) which you look at the current situation and check if you are safe.

This is your ego in action, and it can paralyse you from making decisions, especially if there is a risk of failure or what your ego sees as danger. It keeps you safe and secure. It also keeps you small.

Your ego keeps you safely tucked inside your comfort zone and that is not where personal growth happens. Sometimes you must set your ego aside and do something a little bit risky, for the sake of personal growth, this is a huge trust of your personal RESILIENCE.

Wisdom comes from your higher self, when you tap into this wisdom then your life can become anything you want it to be.

We are all on a journey to self-mastery. You achieve this by trusting your intuition and listening to the wisdom of your 3 brains your physical brain in your head, your emotional brain your heart and your intuitive brain, your gut.

You can learn to develop your intuition by starting a regular meditation practice, or spending time in nature.

The sixth of the RESILIENCE ABILITIES is intuition.

Quotes

*“I believe in intuitions and inspirations... sometimes I FEEL that I am right.
I do not KNOW that I am right.”*

Albert Einstein

“Follow your instincts. That’s where true wisdom manifests itself.”

Oprah Winfrey

“Intuition is a very powerful thing, more powerful than intellect.”

Steve Jobs



CHAPTER 7 - EMPATHY

Empathy means you can see both sides of an argument and not only understand both sides, but you can feel both sides as well.

Empathy is a feeling thing. An empath can walk into a room and intuitively move to and start a conversation with the most troubled person in the room. They can sniff out a troubled soul a mile away. It's a gift.

Not everyone can do this, but it is a skill that can be learned and when you talk of RESILIENCE ABILITIES, empathy is a fantastic tool to have and know how to use.

As an empath you are drawn to the person who most needs your help. If you are feeling a bit fragile in that moment then something magic happens. Your troubles and woes often are dissolved in your ability to help someone else get through theirs.

It takes courage and discipline to be empathic.

It is in the giving (of yourself, of compassion, of love) that you gain (self-confidence, self-awareness, love)

This is the Law of Reciprocity in action.

The seventh of the RESILIENCE ABILITIES is empathy.

Quotes

“Learning to stand in somebody else’s shoes, to see through their eyes, that’s how peace begins.

And it’s up to you to make that happen.

Empathy is a quality of character that can change the world.”

Barack Obama

“I think we all have empathy. We may not have enough courage to display it.”

Maya Angelou

“The great gift of human beings is that we have the power of empathy, we can all sense a mysterious connection to each other”

Meryl Streep



CHAPTER 8 - NATURE

"Time in nature cures most of what ails the human spirit." Belinda J Shaw
2020

If you are feeling anything less than brilliant, go outside. Find a patch of grass, sand, the beach a forest floor, wherever you are stand on it bare footed for 10 minutes. I absolutely guarantee you will begin to feel better, unless by some slim chance, you are bitten by an ant!

When you have a cold and are tucked up in bed, how much better do you feel when you get to sit in the sun for 10-15 minutes, the warmth goes right through to your bones, you can feel it doing you good.

Take time in nature each day. Connect with it. Touch it feel it. When you do that, your body is remembering all those feel-good moments that you've spent in nature. In turn your brain releases wonderful endorphins into your system and then you are in flow, for the whole day!

It's so simple yet there's a million reasons why you haven't done it yet. Do it now and do it often.

The benefits of connecting with nature are beautiful and make your RESILIENCE ABILITIES unfakeable, and unshakeable, which makes you unstoppable.

***The eighth of the RESILIENCE ABILITIES is
spending time in nature.***

Quotes

“Nature does not hurry, yet everything is accomplished”

Lao Tzu

*“May the road rise up to meet you
May the wind be always at your back
May the sun shine warm upon your face
The rain fall soft upon your fields
And until we meet again
May god hold you in the palm of his hand.”*

Irish Proverb



CHAPTER 9 - COMMUNICATION

Great leaders know how to communicate at all levels and in all directions of an organisation, from the top down, from the bottom up (not all leaders are at the top), and sideways across an organisational chart.

Leaders using clear, concise, honest communication are helpful in a team retaining its *RESILIENCE ABILITIES*. Even if a message is difficult to convey, the team know, and they can formulate their thoughts, questions and responses.

You need to know what's going on. You can deal with what you know, right!

When you have uncertainty, you can use a whole raft of unproductive emotions to catastrophise something that may be quite innocuous. This is a sure-fire way to destabilise anything and everything. And is definitely not helpful to being resilient.

What do we need to say?

What do we need to do?

How do we need to act?

How do we need to respond?

Do we need to do, say, or think anything at all?

Can you take uncertainty and flip it on its head to find the certainty in it?

Are you a communication Maverick? Do you speak the truth kindly? Do you listen to understand?

Sometimes yes you can. Other times you must seek and find what you need, to help stabilise your thoughts and emotions. You do this by finding the certainty in a situation.

It is imperative to know and understand that men and women communicate differently, and in different circumstances.

Work, rest, play.

I have found the best way to communicate something difficult is to ask permission.

The ninth of the RESILIENCE ABILITIES is great communication.

Quotes

“Good communication is the bridge between confusion and clarity.”

Nat Turner

“The most important thing in communication is to hear what isn’t being said.”

Peter Drucker

“Communication is the lifeline in any relationship.”

Elizabeth Bourgeret



CHAPTER 10 - EVOLUTION

When you engage fully in this experience of life, I trust you will experience the full gamut of emotions. And when you do, truly feel them, experience them fully.

When you learn to express yourself through a vast range of emotions and know how to manage yourself during them, then that is most definitely experiencing your *RESILIENCE ABILITIES*.

You are on the road to deep soul evolution when...

- You're tired of bouncing back to where you were before.
- Your back is against the wall and it's the only way out.
- You engage with others and remain true to yourself.
- Trust in your intuition.
- Your self-worth remains fully intact.
- You are able to disagree with someone and know that's ok.
- You take care of yourself first and can work as part of that team, your *RESILIENCE ABILITIES* are strong.
- Your opportunity to practice all that you've learned is a daily practice.

How will these *RESILIENCE ABILITIES* help you?

How can you develop each one?

Why would you want to?

Is *RESILIENCE* important to you?

If not, what is the benefit of not being resilient?

1. What would happen if you became more resilient?
2. What would happen if you didn't become more resilient?
3. What wouldn't happen if you became more resilient?
4. What wouldn't happen if you didn't become more resilient?

You still may have a bad day; however, you can save yourself an entire day.

Here's how it works...

"Damn you, you just cut me off (in the traffic) you nearly caused an accident (but didn't)" etc. you know this story!

You get to work and tell everyone you connect with. Then at morning tea you tell everyone in the kitchen, you're still mad. At lunch same again. By the time you leave work and go home, the traffic incident is still a festering mess in your head, but now it's affected your body (because anger does that). You take it home and spew it all over your house and those who live in it!

Something I learned a long time ago is that if you keep talking about the thing that caused your 'bad day' then it will affect your whole day.

If, however you give it a 3-minute download and then never mention it again, it has lost all power over you. 'It' no longer controls you. That is very powerful.

You were not in control of the other person in the traffic.

There was no crash.

You thought they cut you off, they may have thought they had plenty of room.

You have no idea where they were going or why.

One of the best and quickest ways to evolve is to learn forgiveness.

Fix the problems you can fix. (You)

Don't worry about what you can't fix. (others)

If you need help – ask.

In a world where you've been taught that to ask for help is a weakness, don't believe it.

Asking for help is an ability worth learning... And can save you hours, days, weeks, months or even years of unnecessary struggle.

There is no room for darkness here, only love and light.

The tenth of the RESILIENCE ABILITIES is evolution.

Quotes

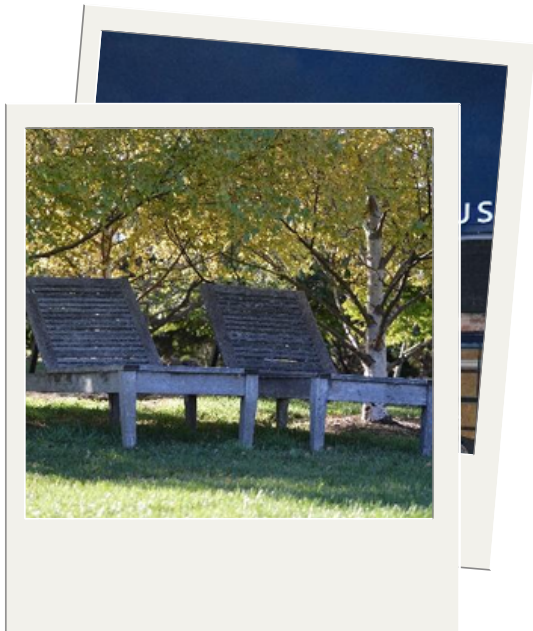
“Nobody wants to do it – not real change, not soul change, not the painful molecular change required to truly become who you need to be.

Nobody ever does real transformation for fun.

Nobody ever does it on a dare.

You do it only when your back is so far against the wall that you have no choice anymore.”

Elizabeth Gilbert



Thoughts and Comments

The ability to be resilient is rudimentary, imperative, a fundamental life skill.

You are bombarded with information all day; some true, some false, some skewed, some only a half true, because that makes a better story. You can buy into it if you choose, or you can be discerning and switch it off. You can do research on any topic you choose.

You can go low tech, or no tech for a while. Touch nature.

Remember that list of 50 things you love, now is the time to work out how will you incorporate as many of those as possible into your day-to-day life? When the poop is heading for the fan, you'll have the support of things you love at hand.

Your favourite 50 strengthen your *RESILIENCE ABILITIES*.

When you develop your *RESILIENCE ABILITIES* as a person you are more able to participate fully in life, be the person you were born to be, the one your family needs you to be. You become a better friend, and you work better either on you own, in your own business or as part of a team.

The evolution of humanity is counting on you. The 'black sheep' who are willing to journey on the road less travelled. At a soul level you may have a stirring, willing you to push on. You were meant to be a shining beacon of hope for those around you.

Are you ready?

Let's go



The Problem Finder

Notes/Thoughts
