

12 Tips Towards Resiliency



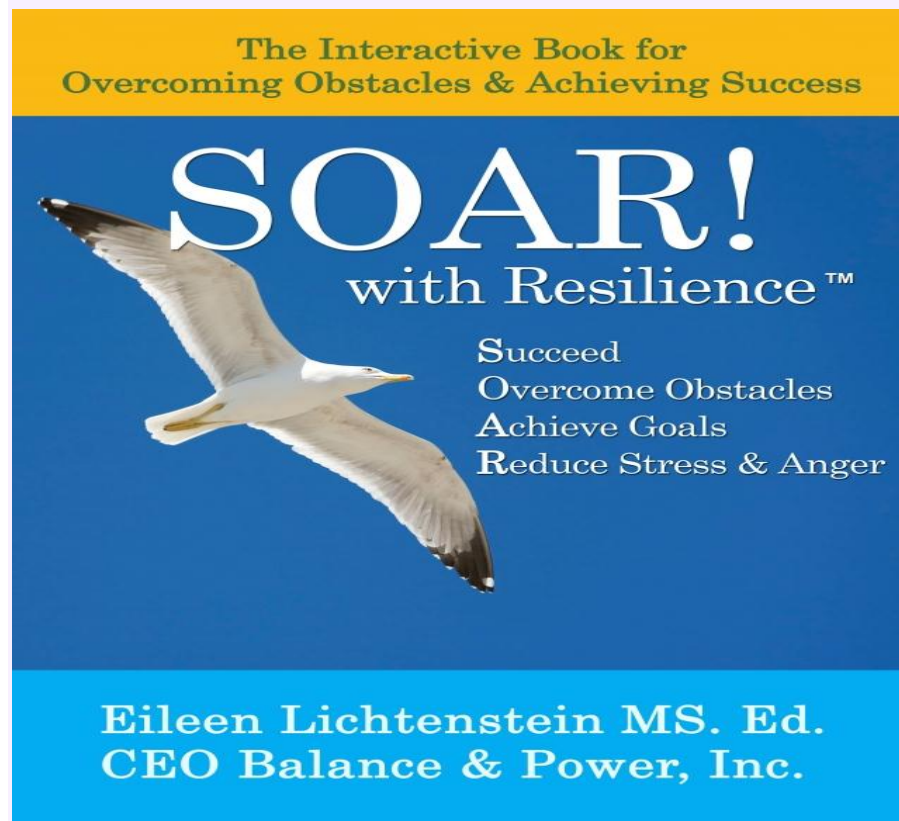
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Eileen Lichtenstein
Peak Performance Success Coach,
CEO Balance & Power, Inc.

These 12 tips towards resiliency will help you reach your goals and soar to success. Sometimes we need to remind ourselves that we are in charge and mostly responsible for our own success and happiness.

- **Resilience/optimism is not about sugar coating the truth. Lying gets you into trouble- even with yourself.**
- **Think of possibilities from different perspectives.**
- **Stop talking in absolutes. Eliminate the words nothing and never from self talk.**
- **Set specific goals that are attainable.**
- **When you are feeling down due to personal circumstances, take stock of your strengths.**
- **Lower the stakes, not the standards: Don't have your whole life riding on the outcome of one event.**
- **Savor small triumphs, steps leading to the bigger picture.**
- **Set aside self blame and learn from your mistakes.**
- **Surround yourself with positive people.**
- **Do not read, watch or listen to the news if you become "too upset".**
- **Take a few minutes each day to reflect on your feelings.**
- **Cultivate generosity and gratitude.**

Children have a large dose of natural resiliency. When a child falls down, he usually picks himself up (perhaps after crying and being consoled), brushes himself off and moves on. As adults, the falling down may not be physical and the moving on not as easy.

Learn more about resiliency and how to apply it in your life with my Interactive Book: "SOAR! with



Resilience"

available on <http://www.balanceandpower.com/soarwithresilience.php>

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