**HOW TO BE RESILIENT AND BOUNCE BACK FROM ANYTHING**

1. **YOUR LIFE IS NOT DEFINED BY ANY SITUATION/EXPERIENCE**
2. **YOU ARE NOT YOUR CIRCUMSTANCES**
3. **DO NOT ALLOW LIFE OR ANY CIRCUMSTANCE TO KEEP YOU DOWN**
4. **WHEN YOU DON’T ALLOW SOMETHING TO DRAG YOU DOWN, YOU WILL BOUNCE BACK MORE EASILY**
5. **WHEN YOU COME AGAINST A WALL AND NOTHING IS WORKING, YOU MUST PIVOT AND LOOK TO SOMETHING ELSE THAT WILL FULFILL YOU**
6. **YOU’LL BE SURPRISED IF YOU SPEND SOME TIME ALLOWING YOUR MIND TO WANDER, THE RIGHT THING THAT YOU NEVER THOUGHT ABOUT WILL COME TO YOU**
7. **LIFE IS ONE BIG ADVENTURE. YOU NEVER KNOW WHERE IT WILL LEAD YOU. BE OPEN TO WHAT SHOWS UP.**
8. **JUST BECAUSE YOU ARE GIVEN SOMETHING OTHER THAN WHAT YOU THOUGHT YOU WANTED, TRUST THAT IT WAS FOR YOU HIGHEST GOOD.**
9. **IF YOU KEEP BOUNCING BACK, YOU WILL BUILD RESILIENCE THAT WILL ALWAYS KEEP YOU GOING. NOTHING CAN KEEP YOU DOWN**
10. **RESILIENCE IS YOUR GREATEST STRENGTH**