



Living Life LOUD

Month 2 – Theme Call DEVELOPING RESILIENCE November 2015

What Is Resilience?

Resilience is _____

Why Is Resiliency Important?

Are Resilience and Courage/Bravery the Same Thing?

What kinds of obstacles might we face?

-Internal. “ _____ ”

-External. “ _____ ”

-Situational. “ _____ ”

The Journey Is Part of the Journey.

Can we develop resilience?

What role do curiosity and experimentation play?

What helps someone be resilient?

- **Creativity.**
- **Flexibility.**
- **Stubbornness.**
- **Confidence.**
- **Positivity.**
- **The ability to compartmentalize.**
- **Faith.**
- **Support.**

Questions to ask yourself

- What did I _____?
- What role _____ in the way things unfolded?
- What can I _____?
- How will this experience _____?
- What do I _____?

NOTHING IS WASTED.

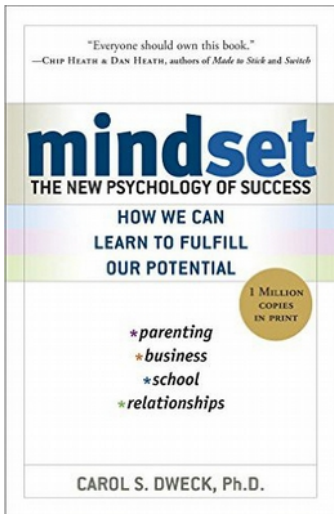
RESOURCES

From Grief to Gratitude

http://thesunmagazine.org/issues/385/through_a_glass_darkly

The interview with Miriam Greenspan in The Sun that BB writes about in Ch. 4 of Rising Strong.

Other books on resiliency:



[Mindset: The New Psychology of Success by Carol Dweck](#)

TED Talks



The Power of Resilience: Sam Goldstein, Ph.D. at TEDxRockCreekPark

<https://www.youtube.com/watch?v=isfw8JJ-eWM>



Angela Lee Duckworth:

The key to success? Grit

https://www.ted.com/talks/angela_lee_duckworth_the_key_to_success_grit?language=en