The Remarkable Attribute Called “Resilience”!

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CENTRAL CONCLUSION:

The world and its inhabitants are REMARKABLY resilient!
“More than education, more than experience, more than training, a person’s level of resilience will determine who succeeds and who fails. That’s true in the cancer ward. It is true in the Olympics and it’s true in the boardroom.”

Strategy #1:

ATTITUDE IS EVERYTHING!
Strategy # 2:

MOST PROBLEMS ARE SOLVABLE!
Strategy # 3: Remember two powerful words:

“THANK YOU!”

“Find the good and praise it.”
Alex Haley, author
Strategy # 4: LAUGH OFTEN!

“The human race has only one really effective weapon and that is laughter!”

Mark Twain
Finally:

FOCUS YOUR DREAMS!
To Strengthen Resilience:

- Attitude is everything!
- Most problems are solvable!
- “Thank you”!
- Laugh often!
- Focus your dreams!
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