Resilience

Noun. The capacity to recover quickly from difficulties; ability to adjust easily to change.

From the Latin *resilire*: to jump back, recoil.


Simply put: We don’t get sucked in to the drama of the world around us. We stay true to our inner wisdom.

Life is so much easier to navigate (and so much more enjoyable!) when we are resilient.

WRITE FOR RESILIENCE

Daily Writing Ritual

Close your eyes. Take 10 deep breaths long and slow. Inhale through nose, exhale through mouth.

Put your hand on your heart and feel the calm.

ASK: What does my heart want me to know for today?

Write down whatever comes up for you.

Spend a few minutes every day doing this ritual and your life will change.