

The importance of resilience

when creating your *Life by Design*

Resilience isn't about being invincible or avoiding difficulties, resilience is an increasing capacity to stay present with what is.

It's about having the tools and resources to navigate life's challenges and thrive despite them.

It's the capacity to adapt positively when faced with adversity, trauma, threats, or stress.

The good news is that resilience is a skill— it can be learned, developed, and strengthened over time.

Would you prefer to live a life by design or a life by default?

If you are not consciously choosing how you live, you are living your life by default.

Not choosing is a form of choosing - or as the French say: "Ne pas choisir, c'est aussi choisir." This captures the idea that avoiding a decision is itself a decision.

But living a life by design means staying committed to your goals and aspirations, regardless of the difficulties and stress you'll face.

The only way to do this and to keep going forward no matter what is to build resilience.

Traits of resilience

