

Reimagining Resiliency

There is meaning all around us.
Sometimes we notice it and sometimes we don't.
On the surface we see things and leave them so
quickly; we miss the meaning that might be there.

What would happen if we slowed down?

We could pause and notice the meaning
that sits under the surface of everyday life.

Why is it important to catch these moments?
Because, in the catching, we learn to unblock aspects
of ourselves and see the world around us in a more
expansive way and in return we reimagine our
world and reach for something more.

What do we want from being more resilient?
Do you see it as a gift? Did you know it can bring
unseen opportunities to the forefront of your life?

Let's reframe what resiliency can mean for you and how it can also be an *unseen* lever or pivot point that takes you to the next aspect of your life.

We are in the midst of dynamic change which can bring constant challenges. We can all relate to the kind of change that is so rapid that it can be difficult to foresee the best way through. It can put us into survival mode where our heads are down, we are numb, and we move through our moments day-to-day.

So, in the meantime, what do we do?

We certainly want the solutions and the concerns to change, but some of those are out of our control.

What we need is more mental and emotional resiliency. We need it to last and be reliable. We want to be able to hold the worries and concerns in a better, friendlier place.

What does this mean?

We want resiliency to be like a good friend that rises up and comes to us. Who is supportive, as any good friend would be.

So, go back to a moment and think of those times when you were resilient in your life. How did you express it? How did you make it last? What was important to you then and can you bring that forward into today?

Resiliency can be something more than you ever thought it could be if you imagine it in a richer way.

As your resiliency grows, it's important to notice something is happening.

There is a preparation going on. It is taking you somewhere. **You are preparing for what is next in your life.** This helps you stay focused on what is important.

Resiliency **can be** a pivot point or a doorway to open what's next **in your journey. In this way, it is not only a gift, but a tool.**

It's important to remember that **you don't find resiliency and then rest, because life keeps coming at you.** It's not a landing or ending point. It's also not outside of us. **It comes from within.** We **need to have** a relationship with **resiliency** because it is intertwined **in** the tapestry of who we are.

To further develop your ability to **Reimagine Your World**, pause and hold space for the next set of questions. It will help you create a place within yourself to see the world around you in a more expansive way and in return Reimagine Your World, reaching for something more.

Questions to help you Reimagine Your World

*Can you hold these questions long enough to spark your **Something More?** To chase your own mystery of truth and meaning, choose a moment for yourself and reflect on these questions. They have the power to help define your own inner truths and help you learn what is just beyond what you know of yourself today.*

- Imagine a moment when you felt truly resilient in your life? How did you express your resiliency?
- What were the values or what mattered to you in that moment?
- As you remember what you valued, think about how you can use resiliency as a way to help you pivot to the next moment in your life.

Anchor your insights into a purposeful intention

Expressing your intention can take you into a deeper sense of purpose and awareness. Choose one of our suggestions or use one of your own. Anchor what you learned and apply what you wrote into a daily action.

- Write what you want to remember each day and put it in a place that helps anchor you.
- Share what you wrote with someone, to further deepen and connect your insights and understanding.
- Choose or create an anchor or reminder that represents your resiliency.