

I AM FOSTERING RESILIENCE BY FACING LIFE'S UPS AND DOWNS

I stand firm in the face of adversity, not because I am unaffected by challenges but because I have developed the inner strength to work through them.

Each trial and conscious choice to remain optimistic strengthened my resilience.

It is also a web of support woven from my relationships, self-care practices, and the knowledge that I am not alone.

I accept that setbacks are a part of life, but they do not define my life.

Instead, I use them as opportunities to learn, adapt, and grow stronger.

I embody the human spirit's ability to endure and thrive, whatever the circumstances.

REFLECTION QUESTIONS

1

What challenges have I overcome that demonstrate my resilience?

2

How can I develop a more resilient mindset?

3

What support systems can I cultivate to enhance my resilience?