

The Road to Resilience

In times of stress or crisis, we have a choice.
Learn to face your fears and become resilient.



Change Your Thinking

“One of the most significant findings in psychology in the last twenty years is that individuals can choose the way they think.”

Dr. Martin Seligman



Positive Self-talk

Engage in positive self-talk to change your narrative.



Setbacks are Temporary

Think of setbacks as temporary, situational and objective rather than permanent, pervasive and personal.



The Power of Yet

Remember the power of yet, give yourself permission to learn and grow.



Win Your Worry War

Win your war with worry by not telling yourself this type of scary story.



Be the Hero in Your Story

Tell yourself a story where you are the hero.

You have the power to change your thinking and your story.
Choose to be the hero.

