



**PENNY HOLBURN COACHING**

*It's about You and Results*

## 5 Habits to Build Resilience

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If you are someone who finds economic downturns horrible then you need to read on..

It is easy to be happy, successful and full of life when things are going well. That is when the economy is growing at a rapid rate, everyone loves us, money is plentiful, and everything seems good. (And yes, we have had times like this which us older folk have experienced.) It is when all the chips are down that it is harder to feel happy, successful, abundant, and full of life. But bad times are when we most need to feel good. That is why building resilience is so important.



### 5 Daily Habits to Build Resilience

1. Always be honest about where you are in life. Being honest means accepting where you are, what is happening around you, and learning to let go of what you cannot control and doing something proactive about the things you can do something about. It can be easy to hide our heads in the sand or embrace denial of our current situation. It doesn't work though. You need to be real about your current situation.
2. Consider the long term. Everything changes. If things are bad now they will not stay like that. Unfortunately the same is true if things are good. Some of the most successful people in history have understood this and during downturns have focused on preparing for making the most of the good times when they come. When we feel fear we narrow our focus. Instead keep a long-term perspective. Open your mind to all possibilities.

3. Take responsibility. Blaming others may make you feel better, but only in the very short-term. What is done, is done. Look at what you can proactively do to move forward. Then go and take those actions.
4. Don't give in to fear. Fear gets people to do stupid, cruel, and ridiculous things. Believe in yourself and believe you can find a way forward.
5. Stop seeing obstacles as roadblocks. Obstacles are opportunities. They are opportunities to create different perceptions, to learn something new, to build character and to show everyone what you are truly made of. You actually don't want an easy life. That just leaves you shallow, superficial, naïve, and without any sort of significant accomplishment. If you never experienced any loss, any pain, any challenges, any heartache, how on earth would you communicate with the rest of us. You would not understand anything of the human condition. All successful people have experienced hardship.



Building your resilience is about building a resilient mind frame. Challenges build our resilience. So when you feel challenged, don't feel self-pity, jump off the entitlement bandwagon, throw off any envy and jealousy of those who seem to have it so good (they don't have it so great) and take up the challenge.