Resilience

Means…

*When faced with difficult and challenging situations and people, being able to eliminate:*

* **Self Drowning:**  Don’t put yourself down when something bad happens.
* **Needing to be perfect :** Mistakes are normal along the road to success. It doesn’t have to be perfect.
* **Needing Approval :** Don’t be too worried about what others think of you. You are you.
* **I Can’t Do It:** If you think you can’t, you can’t.
* **I Can’t be Bothered:** Doing things you don’t like to do is the key to your success.
* **Being Intolerant of Others:** Do not judge people. It is good to find out more about them.

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