

RESILIENCY

However long the night, the dawn will break.

~ African Proverb

So, you're going along, making your changes, being your best self and, WHAM! You take a downhill tumble. The winds of change blow you over and you're down for the count. Things are not going well, not at all. The corners of your mouth are down, way down. You would step on your lower lip if you could convince yourself to get up off of the couch. Everyone else can make their changes. "Why not me?"

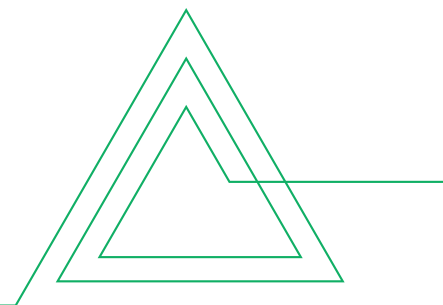
"Why not me?" This is your red flag a-waving that you are honoring neither yourself, nor the process of who you are. You are not honoring your inner strength and fortitude.

What to do?

Take a deep breath. Look your situation right in the eye, up close and personal. You may see the dismal, downward pull this challenge has on your mojo.

When you can get up and get moving because of this pesky challenge, this is resilience. This is you having grit, taking the bull by the horns, not letting life get the better of you. This is you in the face of struggle, letting the world know that you are not a wimp. That you can and you will, come Hell or high water, move past your challenges and struggles and step into your best, most powerful self and rise to the occasion. This is you, on fire with your own truth and your own determination to overcome, to press on, to accomplish. This is the power to conquer any difficulty. This is the view that life's problems, big and little, are manageable. This is you, maintaining your sense of optimism and determination.

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that you are not a wimp.*



Watch this video about a boy who shines his light ever-so-brightly for us. It is a pretty darn good picture of resilience. Hope you enjoy it. <http://bit.ly/1iLfdgE>
Be sure to read the questions **before** you watch. Answer **after** the video is over.

As you watch the video of Sam, pay attention to what first captures you. Journal your ideas here:

As you watch the opening minutes of Sam's video, how do you feel?

As he continues with his story, how do your feelings change?

What emotions come up for you?

How does Sam reach you?

How can you share your light and optimism, your resilience and grit, with others?

What will you do to share the goodness of who you are with those around you? Identify one thing (it doesn't have to be monumental) you will do to share your strength with others, whether at home, at school, or in your community. Be specific about how you will share your goodness. Then each day, do that which you write down here.

