

Becoming More Resilient

One can practice behaviors and steps to become more resilient. Below are some steps individuals can take to cultivate resilience.

- **Develop a more positive world view**
 - Notice what you say to yourself in an unfamiliar situation (eliminate negative self-talk)
- **Identify specific opportunities during challenges you face**
- **Take a “time out” during a period of frustration**
- **Maintain a focused sense of purpose**
 - Set new priorities when faced with the disruption of change
- **Use structured approaches when managing ambiguity**
 - Keep “to-do lists” and track plans and next steps for the change initiative
 - Break down complex or ambiguous situations into manageable chunks
- **Experiment with new approaches and solutions**
 - Define the worst-case scenario for the challenge and then list how you would address each risk
 - Try to view the risk associated with a change as a “win-win” situation and then determine what you can learn by assuming the risk

This handout is from the [Inspired Wisdom Podcast](#), episode [#27](#) titled: **Navigating Through Change: A mini-lesson and toolkit.**

About Inspired Wisdom

Build on Your Potential. Be Great.

If you are a new or aspiring leader or business owner you will discover those things that energize you, learn from others who have walked your path, and gain a framework to focus on the things that you most want to accomplish.

Our mission is to bring together successful entrepreneurs, leaders, and individuals around a global campfire and help them design a fulfilling and prosperous life that engages their talents and passions. To that end, I am interviewing people from 100 countries who are working with heart and mind for positive social impact. We have several great conversations produced and scheduled with people in [Africa](#), [South Africa](#), [India](#), [Indonesia](#), [Germany](#), [Turkey](#), the [UK](#), the US. They are TED Fellows, leaders, artists, entrepreneurs, authors, professors, and coaches.

Your journey to being connected and inspired by the world around you ... starts right now.