

# RELENTLESSLY RESILIENT:

## HERE ARE 3 WAYS TO BUILD YOUR RESILIENCY MUSCLE ON THE DAILY



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*How strong is your resiliency muscle?*

*It's important to remember that we're not the only ones going through hard things. We're all struggling & need of support. We can practice resiliency on a day to day basis in preparation for when a bigger opportunity for resiliency strikes.*

## STAY IN THE PRESENT

*Many of us are planners and want to know the future & control the future. But that's just not what life is. Just handle the "right now". Future you will be able to handle future problems.*

## BUILD A SUPPORT SYSTEM

*Assemble your team of 5 S.O.S. buddies now. These are people you can trust & that you can rely on. Knowing what your resources are now is essential before things may become more than you can handle.*

## FIND PURPOSE IN YOUR TRIAL

*Finding purpose in your trial is a muscle you have to build. Look for the good & look for the lesson. Something you're going through now will be a resource to someone in the future.*

# reflections:

How has resiliency helped you in the past?

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How is your daily resiliency?

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How can you strengthened your resiliency muscle?

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Who are you 5 S.O.S. buddies?

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What purpose have you seen in past trials?

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Notes: