

OPTIMISTIC

Facing situations with a positive state of mind is crucial when being resilient during times of conflict and uncertainty. When you fill your mind with negative self-talk, doubt, and fear, you will never feel capable or trust yourself to make the necessary decisions. Being optimistic means looking at a difficult time with a sense of gratitude and positivity for it is making you stronger and allowing you to grow as a person.

ACCEPTANCE

Being accepting of conflict and struggles rather than trying to prevent them will make you better at handling solutions and taking control of the challenge. This is crucial when managing self-doubt and becoming resilient to challenge, because you will be able to focus your energy on overcoming and ways to improve.

HOPEFUL

Without hope we would give up. Hope lights the way and hope keeps you going when times are toughest. Without hope resilience cannot exist.

INSIGHTFUL

An insightful person has the necessary traits to provide wisdom and intelligence during times of uncertainty. When you think outside of the box and provide creative solutions to obstacles, you will inevitably become more resilient because you trust your own ideas and believe in yourself to make the right decisions. Being insightful means being solution-oriented and constantly looking for the answers, rather than doubting your sense of self-worth and capabilities. Being insightful means you are resilient enough to not worry about judgement from others and are willing to speak up to ask important and difficult questions.

OPEN-MINDED

An open-minded person is full of wisdom and mentally strong to deal with conflict in a productive and efficient way. Open-minded people constantly look for solutions and will get there much more quickly than someone who is set in their ways. Being open-minded during troubling times keeps you approachable and look for different ways to learn from conflict and adversity.

GRATEFUL

Gratitude improves your overall mental health and significantly impacts your wellbeing. When you are grateful, you are able to be a more optimistic person and face adversity in a positive light. When challenges arise, you will no longer feel like a victim and feel like everything happens to you. Instead, you will be more motivated to look for solutions and ways to overcome.

SURVIVOR

When you have gone through a difficult situation in the past, this often causes trauma, fear, and self-doubt. It makes you feel like a victim who has bad luck or is not capable of overcoming challenging circumstances. This victim mindset can force you into a state of hiding and distract you from the risks and challenges needed to feel successful in life. Rather than feeling like a victim after a traumatic or difficult event, it is important to view yourself as a survivor. Looking at your situation from a different perspective allows you to analyze and reflect on your situation and realize how much stronger it made you.

FAITHFUL

Having faith that things will turn out okay, no matter the challenge or struggle, will allow you to handle situations with a positive mindset and an optimistic perspective. This will allow you too not live in a place of self-doubt, and you will be confident in your ability to overcome conflict knowing that things will get better.

INDEPENDENT

Being an independent person gives you the confidence and strength you need to take on challenges and difficulty with a resilient mindset. When you do not depend on others for mental satisfaction and trust in your own capabilities, you will discover that you possess the traits necessary for solving problems and getting closer to success.

SELF-RELIANT

Being self-reliant means that you are not dependent on others for happiness, solutions, and other daily elements of life. Self-reliance gives you the confidence to face challenges on your own without fear of judgement from others. It is an important quality of a resilient leader because you will often have to make important decisions during times of conflict by yourself that will impact the lives of many people. Self-reliance builds up your self-esteem and confidence and releases your dependence on others.

COURAGEOUS

Being a courageous person means not letting danger or pain get in the way of overcoming adversity, facing uncertainty, and stepping out of your comfort zone. It means understanding that fear is inevitable and that bad things may happen in life, but not letting them impact your mental strength and willingness to do whatever it takes to reach your goals.



THE RESILIENCE MINDSET