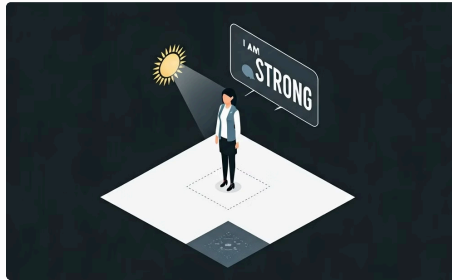


Chapter 6: “Embodying Resilience”



Step 1: Affirm Your Power

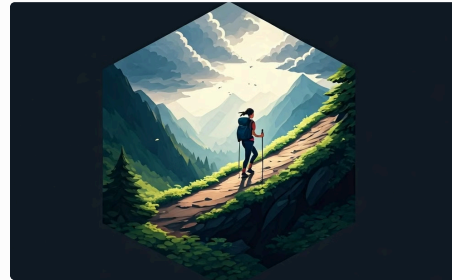
Start by writing down one powerful affirmation that reminds you of your strength and resilience. Make it personal. Here are a few examples:

“I rise stronger from every setback.”

“I am unstoppable in the face of adversity.”

“Challenges are my stepping stones to success.”

Place this affirmation somewhere visible, your bathroom mirror, phone background, or desk, to remind yourself daily.



Step 2: Visualize Your Strength

Close your eyes and spend a few minutes visualizing yourself facing a challenge head-on and overcoming it with ease. How does it feel to be completely in control and resilient? What do you say to yourself in those moments? Embrace that feeling and let it sink in.



Step 3: Create a Daily Ritual

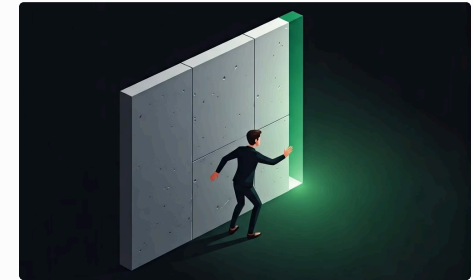
Choose a small daily ritual that keeps you grounded in your resilience. This could be:

Saying your affirmation out loud every morning.

Doing a power pose for 2 minutes before starting your day.

Taking 5 minutes to reflect on how you've overcome challenges before.

Whatever it is, make sure it's something that reminds you daily of your strength.



Step 4: Embrace Setbacks as Opportunities

The next time life throws a challenge your way, don't run from it, embrace it. When fear or doubt creeps in, remind yourself: “This is a setup for my next success.” Instead of seeing setbacks as failures, recognize them as opportunities for growth and take one small step forward, no matter how minor it may seem.