



# What is Resilience?

**Resilience is the ability to bounce back** when you have every reason to shut down -- but you fight on! Resilient people have both tapped and untapped reserves, enabling them to overcome and thrive as they face the setbacks, challenges, and fears of daily life.

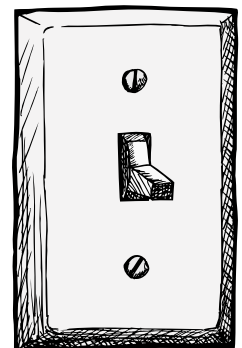
## It starts with flipping the switch.

When you flip the switch, you stop for a moment, realize that you can turn your pain into power, and move forward, committed to being resilient.

## Flip the Switch Skills

Once you are aware that the switch exists, you will need the ability to flip it. Follow the steps below to access the skills necessary to flip the switch:

1. Combat denial and acknowledge that there is a problem.
2. Ask yourself the Flip the Switch Question.
3. Do the opposite of what people would normally do in a similar situation.
4. Pay attention to how you feel inside when you decide to Flip the Switch.



# The Four Sources



# of Resilience

## **Relational Resilience:**

When you have Relational Resilience, your greatest motivation to make good decisions, put more effort into life, and not give up is the knowledge that others depend on you. You also draw strength from the emotional support of friends, family members, deceased loved ones, a pet, or even a stranger who smiles your way. These support systems can come from simple or in-depth interactions. You recognize that influence is reciprocal, and that you can both give and receive resilience in the ways you approach your interactions with others throughout your life, even those that seem trivial and mundane.

## **Street Resilience:**

When you have Street Resilience, you take the pain of disrespect, mistakes, and discrimination and use it as fuel to propel you forward. You create productive outcomes by converting hurt and anger into positive energy, and you direct it toward a cause rather than a person. Street Resilience is channeling your emotions -- guiding them, directing them, and using them for a productive purpose, instead of letting your emotions use you.

## **Resource Resilience:**

When you have Resource Resilience, you recognize that your resilience can be increased by tapping into the resources you currently possess or could potentially possess. Not only do you maximize your strengths, talents, mindset, abilities, relationships, money, physical assets, and personality traits; you also realize that you have undeveloped talents and untapped capabilities that you can use or develop. And as you proactively acquire and build upon your resources, you become increasingly resilient.

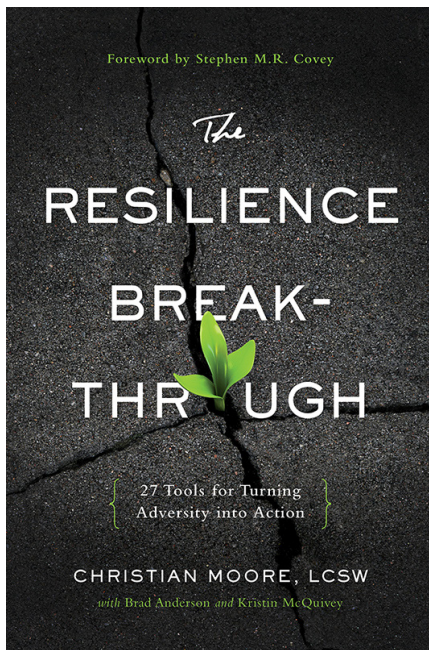
## **Rock Bottom Resilience:**

Rock Bottom Resilience allows you to believe in your ability to change your circumstances, combat hopelessness, and fight on. It helps you believe in potential unforeseen options even during your most difficult times. You become increasingly aware that losing in the past does not equal losing in the future, and you know that to increase resilience in the future you have to take control of the present.

# The Resilience Breakthrough:



## 27 Tools for Turning Adversity into Action



### A Guide to Resilience: How to Bounce Back from Life's Inevitable Problems

In *The Resilience Breakthrough*, WhyTry Founder Christian Moore delivers a primer on how you can become more resilient in a world of instability and narrowing opportunity, whether you're facing financial troubles, health setbacks, challenges on the job, or any other problem. We can *all* have our own resilience breakthrough, and can each learn how to use adverse circumstances as potent fuel for overcoming life's hardships.

As he share engaging real-life stories and brutally honest analysis of his own experiences, Moore equips you with twenty-seven resilience-building tools that you can start using today -- in your personal life or in your organisation.

**“There is not a topic of greater urgency for the future than resilience. And there is not an author more qualified to teach it than Christian Moore.”**

-Joseph Grenny, New York Times bestselling coauthor of *Crucial Conversations* and *Influencer: The New Science of Leading Change*

**Have your breakthrough today.**  
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