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# WAYS TO BOOST RESILIENCE

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**#1 TAKE ON A CHALLENGE**

**#2 ASKING FOR HELP  
AND SUPPORT**

**#3 HAVE AN ATTITUDE  
OF GRATITUDE**

**#4 BE INTENTIONAL TO  
TAKE CARE OF YOURSELF**

**#5 LOOK TO LEARN  
SOMETHING NEW**

**#6 FIND PURPOSE IN WHAT  
YOU DO EACH DAY**

**#7 CREATE SPACE TO REFLECT**

**#8 STEP OUTSIDE YOUR  
COMFORT ZONE**

**#9 FIND SOLUTIONS NOT  
EXCUSES**

**#10 MAINTAIN A HOPEFUL  
OUTLOOK**