

1. Train Your Brain To Be Resilient

Our brain is constantly rewiring and updating itself based on past experiences; based on this information, it then projects future expectations. Research¹ has shown there are brain proteins and growth factors that endow us with natural resilience. They act as a kind of brain fertilizer that enhances our brain connectivity.

Yes, some people have won the genetic sweepstakes and are naturally resilient and mentally tough. For the rest of us mere mortals, it takes a few knocks before we learn the areas where we need to toughen up.

Self-control and healthy behaviors can be encouraged with intervention as simple as mindfulness training. It involves attention control, emotion regulation, and increased self-awareness - all of which increase brain connectivity.

How To Make It Work For You: While not everyone is endowed with the brain proteins needed for natural resilience, scientific studies² show that physical exercise and social support help increase certain growth factors.

You can fortify your brain through exercise, mindfulness training, and solid support systems. Don't wait until a crisis smacks you in the face; strong relationships take time and effort to develop. Find a way to care for others because being selfless is the best way to discover your biggest strength.

2. Focus On What You Can Control

Resilient people are always asking this question: what can I do to change my situation? I saw life events happen to both of them. But they were resilient and knew while they couldn't control everything that came her way, she could absolutely control her response to it.

And that changes everything.

Positive thinkers believe they can control important events in their life, even if slapped with adversity or setbacks

How To Make It Work For You: Don't expect life to get easier for you. That's nothing more than wishful thinking. Instead, get stronger with each failure or obstacle that shows its ugly face. You become wiser when you realize that life is not what happens to you but what happens within you.

3. Take Responsibility For Your Own Success

I had a great childhood. I was always with my grandparents. As a hard-headed child, I got at an idea in my head I was going to make it work. I would work for days, making no progress and blaming it on something. Then one day, one of my grandmothers asked me an incredibly wise question: *Why did I keep doing the same thing over and over even when it didn't work?*

She was right. I had a self-limiting belief about what I could, and could not, do. I still remember that day, I am still hard-headed, but I have changed. If you don't succeed at first, try again, but learn from your other attempts and try a different approach.

How To Make This Work For You:

- List three things in your life you would like to change.
- List steps are taken in the past to make these changes.
- Why do you think you were unsuccessful?
- Identify a self-limiting belief you have about yourself?
- Are there steps you can take to change this self-limiting belief?
- What obstacles might interfere with these steps?
- Do you have a backup plan?

4. Find Your Zone of Competence

As a child, I needed to learn acceptance, not narcissism, was the path toward a resilient mindset that accepted ownership for my achievements.

Once I was able to claim ownership for my zones of competence, it didn't hurt so badly to let go of those areas in which I was not as competent. My confidence was not shaken when it was suggested that I drop from the high school cross-country team because I was the last one to finish the workouts, like 20 minutes after everyone else. And I am sure the coach was tired of waiting.

If we think that chance or luck is responsible for our achievements, we march through life believing we have no control over our destiny. When things fall to shit around us, we don't have the mental toughness or resilience to pick ourselves up and tackle the obstacle from another direction. In short, we develop a victim mentality.

Once we realize that we are responsible for our success, we also experience more satisfaction when we attain our goals. Resilient people believe that problems can be solved, the solutions must be found within themselves, and success is not about self-glorification.

How To Make It Work For You: Resilient people search for meaning. You must believe in yourself. Listen to that still, small voice within you that is full of heart and wisdom and is able to give you a clear sense of purpose. This is a great scene from a Rocky movie that illustrates it best, [Go Get What You Are Worth](#).

¹ [Altered expression of glutamate signaling, growth factor, and glia genes in the locus coeruleus of patients with major depression](#)

² [Exercise promotes the expression of brain derived neurotrophic factor \(BDNF\) through the action of the ketone body \$\beta\$ -hydroxybutyrate](#)