



RESILIENCY

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How To Be Resilient No Matter What Happens Around You.

Resilience is about how you bounce back and how long it takes you to bounce back after a setback. Inability to bounce back or if it takes you a long time to bounce back, hampers your ability to move forward, to learn life's lessons, to create loving relationships, to love yourself and to grow.

There are 10 key areas in life you need to manage in order to have resilience. The 10 areas are:

- Managing Your Energy
- Trusting Yourself
- Strengthening Your Courage
- Making Aligned Choices
- Your Self Worth
- Your Ability to Give and Receive Love
- Managing Your Emotions
- Empowerment
- Authenticity
- Knowing Yourself

The first step to improving your resilience is to gain an awareness of how you handle yourself in these 10 areas. Do you build walls, hide out, blame other people and circumstances or do you confront yourself, your reactions, nurturing yourself with grace and understanding?

The pages that follow contain some insight into each of the 10 areas and some journal prompts to help you gain awareness as a first step to building your resilience.

Managing Your Energy

We only have so much energy and it varies by our Human Design Type. But even those with what seems like unlimited and sustainable energy can burn out. We all need to manage our energy so we can do all the things in life that we want to do and be fully expressed as the individuals we are.

We are especially vulnerable to energy mis-management in the U.S. We live and work in a stress based, “push it to the limit” society, especially at work. In other countries, work stops in the middle of the day for a period of rest. Think Siestas!

My family and I took a trip to Normandy France a few years ago. As is the case most of the time when you fly to Europe, we flew all night and arrived in Paris the next morning. We rented a car and drove north through the French countryside to Normandy. The drive was beautiful and we did it leisurely to take in all the sights. It took us most of the morning. We checked into our lodging, unpacked and ventured out to find some lunch as we had not eaten since the night before, except for some salty airplane snacks.

We came upon a storybook village and stopped to find a café and some sort of grocery store so we could purchase refreshments for our room. The village had a bakery, a butcher, a café and other quaint shops where we could easily find what we wanted. But much to our surprise, everything was closed for 2 hours in the middle of the day for lunch! The French take a mid-day break to manage their energy, to recharge their batteries, spend time with family, and rest.

Getting enough rest in the first place is the first step in managing your energy. Beyond a good night's sleep, we should take breaks during the day to recharge. Walks are good. Naps are better. Even a 15 minute nap can refresh. I set a timer 5 minutes before the top of the hour each hour during the workday. When the timer goes off (and it is a beautiful chime), I stop what I am doing, get up, walk around, take a few deep breaths, make a cup of tea, whatever I am called to do in that 5 minutes to refresh. At noon, I have borrowed the practice from the French of stopping for 2 hours between Noon and 2:00 pm to recharge, be with family, have a healthy and leisurely lunch, take a short walk, etc. It helps to increase my productivity, helps create relaxation, fosters my creativity and prevents me from having the 3:00 slump that causes me to reach for junk food.

Journal Prompts

1. Do you know when enough is enough?
2. Are you aware of the messages your body sends you when you have overdone it?
3. What practice can you use to refresh, recharge and renew?

Trusting Yourself

Only you know what is right for you. You are hard wired to know. When you clear away the shoulds and have tos and trust yourself to follow the path you know is right for you even if it bucks the status quo, you build self-confidence. Self-confidence gives you power, power to be resilient.

You must listen to yourself and get in touch with your intuition and “gut” feelings. Resist the temptation to go outside for the answers. Asking others is not bad, but relying on others to find the answers and not trusting yourself can be. Ask yourself. Others don’t have the right answers that are right for you.

Remember the scene in the movie The Titanic when panic sets in and people are running to escape the water in the hallways? Many of the people were running in the wrong direction but Rose and Jack followed what they knew was their path, even if it bucked the status quo. They trusted themselves and they escaped.

The more you trust your inner wisdom, the louder it will speak to you. It takes a little practice because we have been conditioned not to trust ourselves. With practice you can tap back into the inner guidance built into you and the innate ability to know what is right and true for you. Your wisdom might show up as a picture in your head, a little voice, a pang somewhere in your body or simply a knowing.

Journal Prompts

1. How does your inner wisdom speak to you?
2. What practice can you do to tap into it consistently so you can build trust in your inner wisdom?

Strengthening Your Courage

We all have fears. Actually, we are hard wired with some fears and other come from past experiences. You can't stop your fears. They don't usually disappear but you can learn to walk through them and live courageously. Don't go through life letting fear paralyze you so you are afraid to do the things you want to do or live the way you want to live. Fears actually exist to motivate us into action, to make us aware when danger exists so we can protect ourselves. Strengthen your courage. Use fear as a motivator.

I grew up with a Mom who was deathly afraid of thunder and lightning. As children when it stormed, we had to sit at the top of the cellar stairs with the door closed so we couldn't see the lightning or hear the thunder loudly. I was taught to be afraid and as an adult, I worried when I heard the weather report and covered during a storm.

Then I made the decision to move to the South to a place I visited for 20 years on vacation and loved. I knew I had to face my fear of thunder in order to live there as an afternoon thunderstorm, sometimes severe, is a daily occurrence in the summer. At first my fear escalated but I mustered the courage to face the fact that this was going to happen daily and I had to work through it. I don't have a basement in my low country home which helped me break the pattern I lived as a child. And now when it storms I just keep doing whatever it is I am doing. I won't say I am not ever afraid, but my fear no longer paralyzes me. I chose courage over fear.

Journal Prompts

1. What are you afraid of?
2. What have you been stopped from doing because of your fear?
3. What can you do to take that first step to strengthen your courage and walk through your fear?

Making Aligned Choices

Learn to make choices that are aligned with who you are. We've all been taught to think logically and make decisions with rational thinking such as weighing the pros and cons. Actually, making decisions with your head is not the right way for any of us to make decisions. Aligned choices and decisions are about whether it feels right.

We all have a special decision making center in our bodies called our Authority. Learning what your Human Design Authority is and how to use it to make aligned choices helps you make the choices that are right for you.

As you make choices feel into the choice. It is like trying it on for size before you make the decision to choose it. Then, revisit the decision after you "sleep on it" to make sure it is still the right decision. How you feel into a choice and the length of time you need to confirm that it is an aligned choice varies by Human Design Type, but making choices this way will get you so much closer to the best decisions for you.

I once was in love with the idea of Owning a bed and breakfast. I even looked at property with a Realtor. I was very close to pulling the trigger on selling my home to buy a big old house I could turn into a B&B with much work, time and investment. Before pulling the trigger on the deal, I pictured myself owning it and how it would be to cook delicious breakfasts and entertain my guests with wine and cheese in the evenings. My fantasy took a while to focus in on reality. Giving myself the time to make the decision was key because I realized that I don't like house cleaning. I don't even like making my own bed, how did I think I would like making many beds and for strangers? That decision although in fantasy was romantic and fun, in reality was not aligned with who I am.

Journal Prompts

1. Have you ever made a big choice you regretted later?
2. How could you have changed your decision making process to prevent making misaligned choices?

Your Self Worth

You must know and embrace your self-worth. You are unique. You have a unique role or life purpose to live out in this world. You are a valuable piece of the puzzle we call the Human Story. The puzzle cannot be completed without your puzzle piece. You have a valuable contribution to make and the natural gifts and talents to make it. You are enough. Learn to recognize your valuable contribution and what it is worth. Don't allow yourself to judge your self-worth by the standards set by others.

Many women I know, including myself question their self-worth. Part of that comes from societal conditioning and being taught that we can't do certain things because we are women. Thankfully, we are changing that paradigm but many of us have had our lives shaped by it and it has and still impacts our self-worth.

You can do anything you want to do if you want it badly enough. I believe that is true for everyone, no matter what cards you are dealt in life. I came from an upper middle class family and was college bound in high school. But I got pregnant in my senior year and became a Mom 5 months after graduation. I had few skills, a high school diploma, no direction and the instilled feeling that I had really screwed up. I disappointed my parents who had great things in mind for me. My self-worth was at an all-time low. I was really struggling to recover and find myself and my place in the world. I loved being a Mom but I was constantly reminded that I “could have been so much more” and it chipped away at my self-esteem and my self-worth.

At 38 I was widowed very suddenly and I was forced to step into the breadwinner role. My now 2 children depended on it. I got a job as a receptionist and fought to create a career because I needed to support my family. I needed to prove I was worthy of a career in a time when women didn't have careers. Little by little my self-worth grew as I took a class here and there, then perused a bachelor's degree, a new position, and applied for a master's program. Men viewed me as aggressive and out of place, women didn't embrace my path either. I was a misfit and it took every bit of courage I could gather to stay on course no matter what other people thought of me.

I went from receptionist to CSR, to Manager, to Program Manager and on to Vice President in a variety of firms. My self-worth and confidence grew and enabled me to go on to Founder/CEO of my own multi seven figure firm of 50 employees in four states. You can do and be anything you want to if you know your value, your self-worth and don't allow yourself to be stopped by the judgements of others.

Journal Prompts

1. Where do you judge your self-worth by the standards set by others?
2. What desires has it prevented you from achieving?

Your Ability to Receive and Give Love

Having the ability to receive love and give love is a key part of resiliency. If we are grounded in love, we can't become bitter, angry, and resentful. Allow yourself to receive the love and kindnesses other give you. We all need the support of others. This requires that you allow yourself to be vulnerable, even to get hurt, but the reward outweighs the pain.

Give love. Love shows up as gratitude, a smile, a helping hand, a kind word, even cooking a meal or just spending time with another. Give up judging and criticizing others and ignore when you are judged and criticized too.

Practice self-love. Take care of your body, your mind, your emotions and your soul. Nourish yourself and your emotional needs. Learn to recognize situations and people that are toxic and move away from them or at least limit your exposure to them. This may include things like social media and the news.

Resist the temptation to shut down or close off when something or someone hurts you. Learn to turn the pain into power, the power to heal and forgive.

The twists and turns in my life have caused me to become self-sufficient. After the loss of my husband of 20 years, I shut down, closed off and poured myself into my work. I was alone for a number of years and lonely, but I was hurt and I was not going to take a chance on loving and losing so deeply again.

One day at a function I reluctantly attended because a friend begged me to go with her, a man came up to me and introduced himself. He pursued me that evening and for several weeks after but I was not interested. I didn't even return his emails until my friend called me and told me it was rude not to respond. So I opened myself up ever so slightly and I responded. That was almost 20 years ago and we are still together and in love today.

Journal Prompts

1. What situations lack love or are toxic in your life?
2. How can you limit your exposure?
3. Where are you unable to receive or give love?
4. What can you do to open yourself up to receive the love of another?

Manage Your Emotions

Practice Emotional Intelligence by learning to control your own emotions and by having empathy and compassion for others. Learn to recognize your triggers and get in the habit of responding rather than reacting in an uncontrolled, chaotic way. Practicing the ability to do this helps you pause, regroup and respond without upsetting yourself as much, without creating drama, or deteriorating your relationship with others.

Tap into your emotional wisdom. Listen to yourself. Listen to what your body is telling you. Where are you tense? Do you clench your jaw or tense up your shoulders when you are triggered? Body language is part of your voice.

Take the time to listen to others. Listening is the greatest gift you can give someone. Listen to what they are not saying as much as what they are saying. Learn to read between the lines. Pay attention to their body language. Does it match their words? What is their energy telling you? You can feel another person's energy when you are in their company, sometimes even across the room. We are all so busy that we have stopped taking the time to tap into our emotions and the emotions of others.

Emotions impact resiliency. It is a key factor in how long it will take you to recover after a setback. If you can't get control of your emotions, you can make the situation much worse and more difficult to recover from.

Controlling your emotions can be as simple as creating a habit of counting to ten before responding, taking a deep breath and a pause before answering, or asking yourself what the other person is suffering from or where they are coming from. You might even respond to others with a question to clarify rather than responding to what was said or done.

Journal Prompts

1. What triggers your emotions (frustration, anger, upset)?
2. What can you do to head it off at the pass and respond instead of react?

Empowerment

You came into this world with a purpose and a set of gifts, skills, and talents to support you in fulfilling your purpose. You are divinely designed to be unique and you are powerful. Be empowered to put yourself out in the world and fulfill your purpose.

You have everything you need to live the creative expression of who you are. The steps are simple.

Be Yourself

Use Your Gifts

Shine Your Light

The steps are simple but the implementation is often more difficult. Many of us don't know ourselves so it makes it hard to be ourselves. Often our gifts are so engrained in who we are that we don't think of them as gifts and our feelings of not enoughness keep us from shining our light brightly.

Journal Prompts

1. What keeps you playing small?
2. Do you dare to have dreams?
3. What keeps you from feeling empowered and going after your dreams?

Authenticity

Be Yourself. That is the best version of you.

Learn to be and stay clear about who you are so you can detect when someone or something is pulling you in a direction that is not in your highest and best interest. Stay mindful of who you are and what is right for you. Be diligent in protecting your vulnerabilities. Set boundaries. Accept the beauty of who you are and the vital role you are here to play at this time.

Don't try to be someone you are not even if you think it is what the other person wants. People can read your energy and if you are trying to be something you're not, they will know it and that will foster distrust and hamper building good relationships.

Peel back the layers of who you have been taught to be, told to be and be who you are.

Journal Prompts

1. Where are you living inauthentically in your life?
2. What do you have to change so you can be you?
3. Who are you trying to please? If they don't accept and love the true you, why do you give them that power over you?

Knowing Yourself

How well do you know yourself? Are you living in alignment with your true self or are you being who you have been taught to be? We have all been conditioned by well-meaning parents, teachers, peers, church, society, and advertising. We are taught how to think and act so we fit in to our society. And we do it because the urge to fit in, to be accepted and loved is very strong, so strong that we can sometimes hide the parts of us that are unique or not highly valued in our society.

For example, at work we are encouraged to leave our emotions at home. Don't be sensitive. "There is no crying in baseball," professes Tom Hanks in the movie *League of Their Own*. Almost everything that is feminine is not honored in the workplace. The energy of work as our society defines it is masculine. So if you are sensitive, nurturing, caring, man or woman, you have to keep that part of you hidden and show how tough you are, that you have what it takes. It's a shame really. Sensitivity and compassion is needed in the workplace. But depending on the company and industry culture, it may not be valued.

In order to be whom you truly are, you must peel back the layers of teachings and conditioning to get back to the pure essence that is you. It is only from your pure essence can you truly be resilient.

The first step is to get clear about who you are, what you like and what you want. It sounds easy, but after years of conditioning, it takes time to undo all of the shoulds and have tos. The best way I know to do this is to work with a Human Design Specialist and start with a Human Design Reading.

Human Design is a system that supports you in cultivating a deep understanding of the most authentic, aligned and high performing expression of who you are. It empowers you to connect with your unique purpose, recognize your natural talents and live your life in the way that feels good to you for the utmost success, satisfaction and happiness.

From these readings, I have witnessed people develop more trust and confidence in themselves, understand how they are designed to operate at their highest level, improve their relationships through a deeper understanding of themselves and others, give themselves permission to go in a new direction, shift their work-life to be in greater alignment with who they are and make better decisions for themselves.

As a Human Design Specialist, I would be honored to do a Human Design Reading for you to give you clarity around how you are divinely designed to operate in the world and to help you peel back the layers of conditioning to reveal the true you.

Book Your Private Human Design Reading today at <http://bit.ly/YourHumanDesign>



Nancy O'Keefe is a Certified Human Design Specialist, intuitive coach, and compassionate transformer, who helps women peel back the layers of who they have been taught to be to reveal who they truly are so they can live their inner truth, go after their deepest desires, and create a life filled with success, satisfaction & joy.

Nancy has been developing and coaching people for over 25 years, helping them bring out their best qualities, build confidence, and feel empowered to go after what they want in life.

Nancy is a certified Executive Coach from the College of Executive Coaching, holds an MBA from Babson College in Entrepreneurship. She is a certified Career Transition Coach, Fascination Advantage® Adviser, and Certified in Conversational Intelligence® You can learn more about Nancy and Human Design at

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