

Adaptive People and Resilient Communities

1. have a strong sense of purpose
2. are change hardy
3. are chaos tolerant
4. are able to deal with uncertainty and ambiguity
5. can be flexible without compromising values
6. are able to adjust quickly to the situation as it changes
7. are able to incorporate new ideas and new information as it becomes available
8. tend to be realistic optimists
9. members encourage others and anchor themselves
10. deal effectively with surprise, failure and discouragement
11. are rooted in the big picture
12. know that life requires action

- 1 Select what you take personal.
- 2 Stand guard at the portals of your mind.
- 3 Never forget, it is about service.
- 4 Remember that when you are taking good care of you, you are taking good care of others.
- 5 Realize that everything changes. Know that everything passes, and accept that it is all part of your growth.
- 6 Consider that you only grow outside of your comfort zone.
- 7 Remember that most of your bad days are never as bad as you tell yourself.
- 8 Be a person of compassion with a reputation for optimism.
- 9 Learn to light a candle rather than curse the darkness.
- 10 Observe yourself, contribute to others and dance with life .

R .D. O'Brien and Associates

905 309-5035 email- rdob@cogeco.ca

theresilientjourney.com