

MOXIE DIMENSION #3

RESILIENCE

KEEP MOVING FORWARD

“Resilience isn’t bouncing back. Sometimes it’s rebuilding forward.”

WHAT IS Resilience?

Resilience is the ability to recover, regroup, and keep moving when things don’t go as planned. It isn’t pretending setbacks don’t hurt. It’s refusing to let them have the final word.

HOW RESILIENCE BUILDS YOUR MOXIE

Resilience keeps your Moxie alive when life deals you a hand you didn’t expect. It helps you adapt, learn, and decide what comes next instead of staying stuck in what went wrong.

3 WAYS TO STRENGTHEN YOUR RESILIENCE

1. Reframe: This is not the end of the world. It’s part of the journey.

Instead of only asking why this happened, ask what you can learn, change, or do differently because of it.

2. Recover: Press pause and reset your mind and spirit.

Give yourself space to regroup, then look for the next move.

3. Rise; Keep One Foot Moving

You don’t have to solve everything at once. Take one useful step forward and let momentum build from there.

PUT YOUR RESILIENCE TO WORK

YOUR MOXIE WORKSHEET

What setback or disappointment are you currently working through?

What has this experience taught you?

What is one step forward you are willing to take?

YOUR RESILIENCE MOVE

What is ONE action you are willing to take this week to strengthen your resilience?

When will you do it? Be specific _____

AFTER YOU TAKE THE STEP

What happened?

What did you learn about yourself?
