

Resilience...

Never give up
I still rise
I will come back up stronger
Through everything
I will bounce back
Don't let failure be your limitation
For the rope that holds me down can be cut

I can do everything
Get up and keep going
Nothing to lose but everything to gain

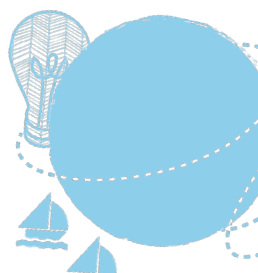
With time I seek the steps aloud
Forgive and go on
This too shall pass, I promise

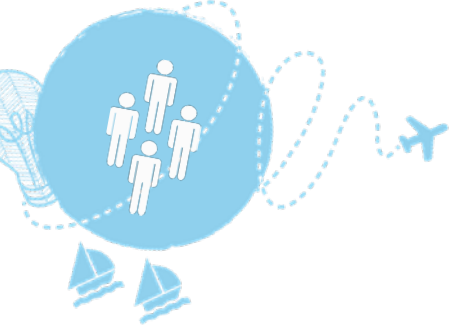
Hustle for it, create it, achieve it
Want and do
See the shimmering in the doubtful darkness

Resilience is like a metal spoon in an African home, it goes missing but always comes back

I'll be stronger once I get back up
Continue working
Change
And I shall rise, stronger than ever
Change my perspective according to the circumstances
Don't give up

Pushed into a hole? Get up and climb to get out
Absorb the bad and hand over the good
Turn your wounds into wisdom
Get up stronger whenever you fall
Stand up every time you fall





Go ahead with your vision
Onwards towards where the sun shines
Chase it, no matter how terrifying the storms may be

Deal with toughness and reflect, forgive and go
It is to stay afloat even when there are waves crashing down on you
The spring takes me back, the bond that never stops
With every step that I'm taking, the stronger I'm getting
Believe in yourself

You can fail but please stand up
Don't be afraid to fail
Phoenix rises from its own ashes, giving itself a second chance – you are the phoenix

Go on use your ability
Pick yourself up, embrace it, overcome it

Resilience is like the capacity to recover
Resilience is the understanding that life is full of challenges
Life is about overcoming challenges, be resilient

Never giving up and continuing hard work
Give yourself time
You will only become stronger with time

So
Go for it, chase
It's okay not to be okay
Life gets tough
But the oak fought the wind and was broken, the willow bent when it must and survived....

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GSL World Catalyst @Home

