

## 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

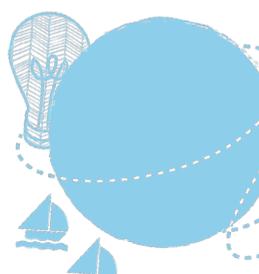
With time I seek the steps aloud  
Forgive and go on  
This too shall pass, I promise

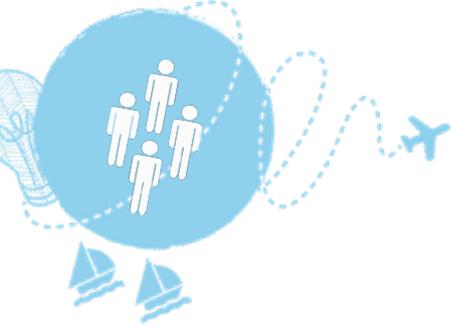
Hustle for it, create it, achieve it  
Want and do  
See the shimmering in the doubtful darkness

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....

26/02/2021  
GSL World Catalyst @Home

