

Resiliency

Today, I want to point out the importance of resiliency. This article is short yet very important.

In any endeavor, you'll face obstacles. That's normal and natural.

The main thing that separates the people who win and achieve their goals from those who don't is resiliency. Resiliency is your ability to persist despite the obstacles and bounce back from temporary defeats.

Realize this – there's no such thing as failure, only feedback. If you try something and it doesn't work, that just means you learned something. If something does work, then fantastic! With this belief in your mind, it is now impossible for you to fail.

Many of the most successful people in the world are successful because after suffering humiliating, tragic defeats, they bounced back and kept going. This is the attitude we all must adopt to really achieve the super success we so richly deserve and desire.

Here's how I think about it – In trying times, when I get knocked down (temporarily) by an obstacle, I promise myself that I'm going to get up and go for my goals harder, stronger, and faster. I resolve to take even more action...NOT less! What if you were to adopt this approach? How would that help you?

Ever since I adopted this mindset, my entire outlook and behavior has changed. Try it out for yourself. Getting knocked down is inevitable. Now getting back up and sticking with it is the question.

Make the decision today to be resilient my friend. It's worth it!

You can do it because you are unstoppable!

If you want to pick up a copy of my best-selling book on how to explode your confidence, shatter your limits, and live your dreams, check out www.unstoppable-confidence.com

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