

Kira Judge

3 Simple Steps to Boost Your Resilience



By Kira Judge
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What is resilience?

Resilience means knowing how to cope in spite of setbacks, barriers and limited resources.

Resilience is a measure of how much you want something and how much you are willing, and able, to overcome obstacles to get it.

Why resilience is attractive?

Because all of us want good mental, spiritual and physical health despite of any seemingly negative adversity we may face.

Our individual resilience is built on five pillars of strength:

- Psychological
- Emotional
- Physical
- Spiritual
- Communal

For many of us, resilience has to do with our emotional and spiritual strength, however in order to feel the deep sense of peace and harmony we need to connect to all five.

Why resilience is important?

Resilience is important because it will provide you internal confidence to process and overcome any challenges in life. If you are lacking resilience, you will be easily overwhelmed, and may turn to unhealthy coping mechanisms. You are born resilient. You can call yourself resilient when you observe yourself tapping into your own wisdom, strength and experiences to stay on course to your goals and dreams.

Step 1: Make a list of things you love doing (7 to 17 will be enough)

Here is my list to get you going:

1. Staring at the sky and clouds
2. Staring at the river or any piece of nature
3. Swimming
4. Making Kombucha at home
5. Skiing
6. Playing piano regularly
7. Jogging in the woods with my husband
8. Helping others at work or in my communities
9. Camping in nature

Now please make your list of things that you love doing (what makes you feel good)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

Step 2: Write down what did you do from the list in Step 1 today, this week, this month, or this year?

- 1.
- 2.
- 3.

Do not remember? Please do not blame yourself. Instead, answer the following questions to determine which part of your life needs your attention most:

1. Do you blame yourself, others, the past, the government, the employer, weather, parents, and partner for where you are?
2. Are you in a relationship that is not working?
3. Do you regularly criticise yourself and others?
4. Do you do things regularly that you do not want to be doing?
5. Do you have repetitive negative messages you tell yourself?
6. Do you wish to honour your body and have been struggling to make that a priority?
7. Do you feel sad and unhappy when you compare yourself with your peers?

If answer(s) for any of the questions above is 'Yes' please do not blame or shame yourself. Please honour where you are.

Visit me at kirajudge.com for resources for your own unique healing path.

Step 3: Make a list of (7 to 17) things you are proud of and put it in a prominent place you can see every day

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Over time please add more as you remember. This list could include anything from your childhood to now. Having this list in front of you will increase your resilience. By reading this list daily you may feel better already. When we record our accomplishments, wins and proud moments we signal to our subconscious that 'I am capable of this and I can handle the next challenge.'

If in the process of writing this list you remembered so called 'failures' please know FAIL stands for Faithful Attempt In Learningⁱⁱ. You did not fail. Nobody fails. Nothing is a failure. We only learn, become better and more experienced. In fact, many people who consider themselves resilient give credit to their faithful attempts in learning for their successes and incredible achievements.



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I live in Saskatoon, SK, Canada. My bicycle life style is my constant source of healing. I have been living that way for the last 13 years. I have connected and learnt from nature to be still to external pressures, deadlines and stress. The Slow to Medium pace the bicycle commute offers is the first step to rewire your life from the insanely fast-paced life style the current economic system has brought us all. I have so many resilient friends such as trees, rivers, and animals. I spend a few minutes when I am out on my bicycle to say hello and to appreciate nature's lessons of resilience. I am becoming more and more resilient being with and in nature. So will you, if you are patient with yourself.

ⁱ Marci Shimoff, Happy for No Reason Certification training material. There are 7 parts of happiness one needs to work on to build internal happiness and resilience. Check my courses on www.kirajudge.com

ⁱⁱ Marie Forleo, Everything is Figureoutable