

# Practices to Build Your Resilience

Resiliency is a key attribute for success. Learn it yourself and teach it to others with these simple but powerful exercises.

By Urszula Lipsztajn

**T**hink of a time you faced something hard. Did you get frustrated and angry? Did you say things you didn't mean? Did you do things you later wish you hadn't? Or did you stay focused and present in the moment, moving forward step by step until you made it onto the other side?

Every time you respond to a tough situation, you're either building resilience or getting weaker. When you become stronger and more resilient, you can do things beyond your perceived limitations. Things like courage, openness, and vulnerability become possible. You stand up for things, for other people, and for yourself. All this is possible when you feel strong.

“At the core of resilience is self-awareness.”

## What is resiliency?

Resiliency is often defined as the ability to overcome adversity. But it's more than that. Resiliency is the ability to navigate challenge while being who you are.

At the core of resilience is self-awareness. Resilient people use the tool of mindfulness, which can be defined as awareness without judgment. Self-discovery can bring up things you don't like about yourself. But if you can breathe deeply and mindfully and stay present to what's arising, you open up limitless possibilities for personal growth. Here are three mindfulness-based practices to help you get strong.

## Exercises to increase resilience

**1. Notice.** Resiliency begins here. Start a daily practice of noticing when you feel strong and when you feel weak. Pause and see what you discover with as little judgment as you can.





**2. Ask.** Once a week, reflect on these questions. Then write down your responses.

- When do you feel strong?
- What are you capable of when you're strong?
- How do you know when you're in your strengths?


At the end of two months, look back on what you've written. What patterns do you see?

**3. Discover.** Once a day, write down three times you feel strong. Use this format:

I am strong when . . .

I am strong when . . .

I am strong when . . .

Remember this on your journey to self-discovery: The moment you're aware, you've already changed what happens next. 

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*Urszula Lipsztajn (urszula.co) is an international life coach, guide, speaker, and author who integrates mindfulness and positive psychology as tools for personal development and self-actualization. Known for her powerful, simple approach to transformation, Urszula's work is guided by a simple question: Do you want to thrive?*

“Resilient people use the tool of mindfulness.”

## Learn & Grow Strong

For more on resilience, awareness, and growth, check out these articles at [NonprofitWorld.org](https://www.nonprofitworld.org):

**Embrace Mindfulness as a Leadership Practice** (Vol. 36, No. 2)

**Overcome People's Resistance with These Steps** (Vol. 38, No. 3)

**Unlocking the Power of Soft Skills** (Vol. 38, No. 3)

**Think, Dream, & Do** (Vol. 28, No. 6)

**Find Your Truths & Release Your Powerful Energy** (Vol. 31, No. 3)

**35 Ways to Enhance Your Life, Your Organization, & Your Leadership Prowess** (Vol. 36, No. 2)

**Big Dreams, Little Steps** (Vol. 30, No. 3)

**Time's Up! What Do You Really Want?** (Vol. 33, No. 2)

**Fostering Organizational Resilience** (Vol. 39, No. 3)