

Resilience Mindset

changing your relationship with Change

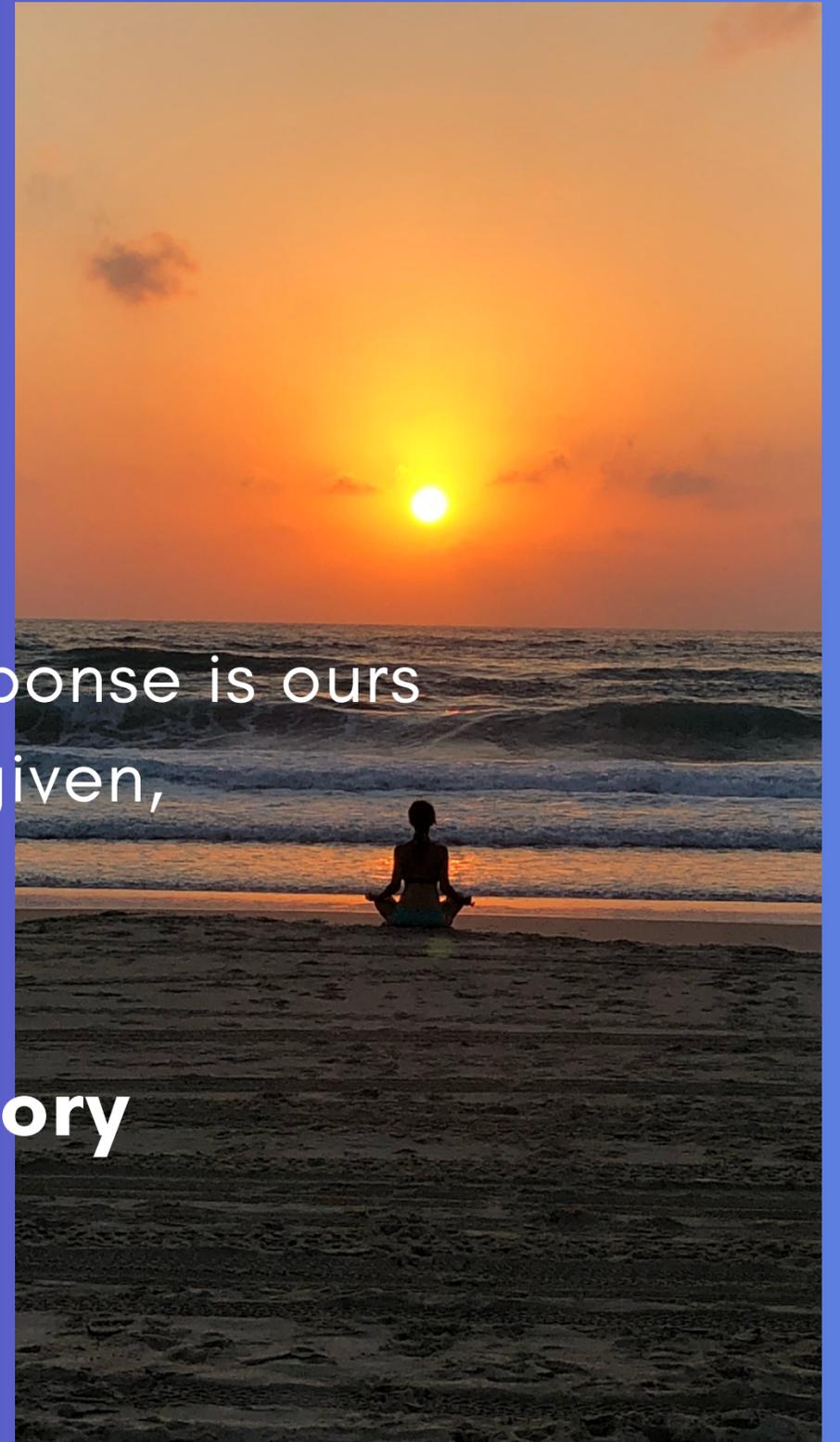
because endings are also beginnings



Change Happens

- Expected and UNexpected
- We can't always control what happens but our response is ours
- in the story of our lives, our chapter titles may be given, but chapters are ours to write

**Our responses are based in our story
HERstory + Societal messages**



Society

- We've been taught that strength = brush it off
- tells us to get over it, move on
- Feels uncomfortable with grief and sadness
- So much strength in honouring and allowing the process
- answers are found in sitting in the darkness and going through it
- Can't move on if we haven't processed
- Can't get to the other side without walking through it



Resilience

is not a denial of what's happening
it is a Mindset
that allows the process
and relieves feelings stuckness
and defeat



The Space Between

BETWEEN YOU & WHAT'S HAPPENING

create distance between the
External (not in our control)
and
the Internal (within our control)

Feed the Fear >>> Fuel the Fear



It's real that you have a Fear > but the Fear itself is not real

The Space Between

is where Resilience is found

Challenge is not happening TO you >> it's happening



Create some space between You and the experience!

for Pause, Awareness and Noticing

this is where we transform the internal anxiety whirlwind
into a space of clarity and possibility



Are You Ready?

for the 3 Pillars of the Space between
where You'll find the
Keys to Resilience

Allow

- awareness of your feelings
- permission to sit in it & feel ALL your feels
- honour your emotions
- throw a pity party
- honour the grief process

Reframe

Beauty in the Beast

- Find the purpose beneath
- What lesson are you meant to be learning
- Answer the why me

Choice lies in where we place focus

choose to focus on solution/desire/vision over fear > acceptance and shift

Create

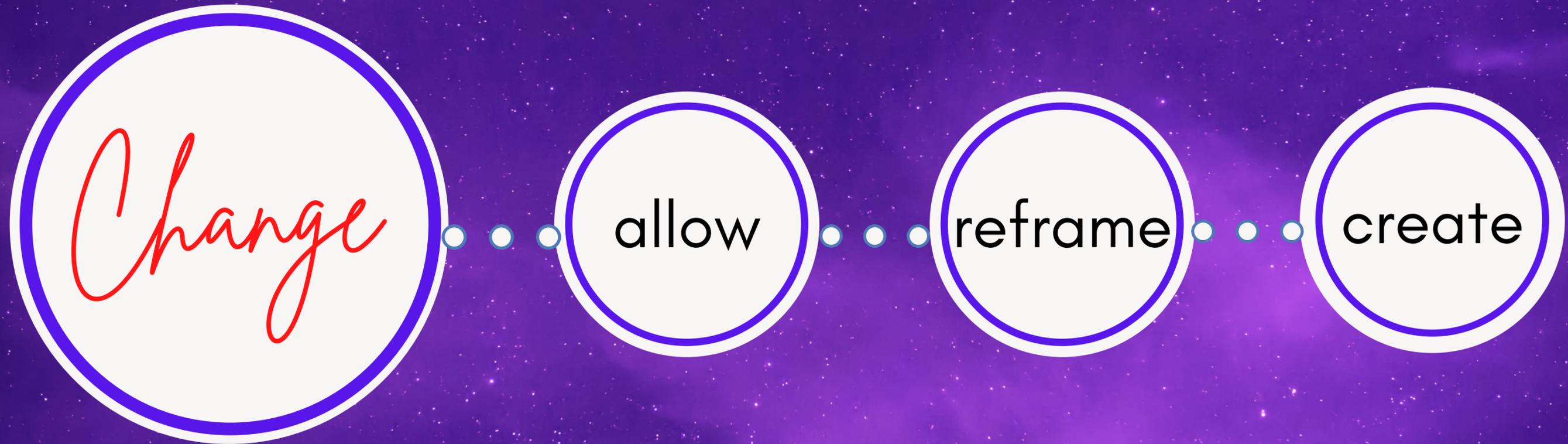
- Rebirth 
- You Are the creatrix
- energy flows where focus goes!
- commitment to growth
- the process of the first two steps has created space for Creation and Possibility

Choice

Lies within Desire

- in succumbing to moment or accepting you have the power
- "who I am" vs "where I am"
- Moments become Mirrors
- how big is your desire for shift
- when the comfort of an old pattern is no longer serving





BARBIE LISS



Deep Breath!





Reach Out ~

Book your FREE clarity call
Find out if and how my Program is for You!

<https://barbieliss.youcanbook.me>

