Twitter Thread by Leena Soni



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{Thread} For as long as I remember I have always maintained a journal. Recently I started writing things I am noticing and learning from people around me about building resilience and thriving every day in life. Sharing some here:

You cannot be resilient by following a two step process, or by doing something overnight. But it is constant effort and a continuous process.

It is important to remember that things that happen to us do not define us. But how we react to those things definitely do!

You cannot just "bounce back" from adverse situations. You need time, and you should take as much as you need. Be kind to yourself.

In adverse situations, it sometimes helps to keep your long term goals aside. Focus on surviving the "now".

Playing the victim role is always an easy way out - stay in charge of yourself. Always.

If things are difficult, evaluate them. Do not react to them. Accept reality as soon as you can. Do not fool yourself - It is the only way to move through tough things.

And in the end, remember, the way to surface back is always with you. Identify patterns, train your mind, find alternatives and develop everything that YOU think will help you.