

# Stay calm and be Resilient by Nature!



Many people are experiencing challenging times right now and may have been for some time. You have probably heard that there is a recession, a global financial crisis, an economic downturn or whatever you want to call it. It is a time when we have been told that we need to be resilient as many businesses are suffering, job security is non-existent, superannuation is in the toilet, stress levels are through the roof, divorce is at its highest rate, natural disasters are rife and we are more overweight and less well than ever.

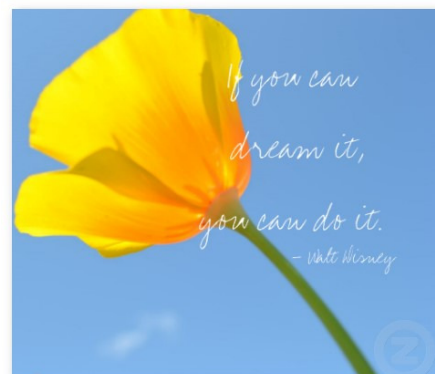
We will often cling to any fine thread to justify why our business or lives are not where we would like them to be. I was interested to hear recently on the TV (so who knows how true this is!) the brains trust of a major retail outlet explaining why they are suffering so much at the moment – obviously the recession was one reason. The other, quite astonishingly, was the prime minister's proposed carbon tax!!!

**So, you would think that, right now in these desperate times, we really need to focus on being resilient....**

## Or do we?

I believe if we focus on the need to be resilient then we are creating even more stress for ourselves! Let me explain what I mean; if I am saying to myself that "I must be resilient", then obviously in the front of my mind I am thinking about challenging times. I am thinking about all the bad things that are currently happening to me, around me and all the things that might happen to me if I am not resilient. Therefore I am putting even more pressure on myself to "Be Resilient"!

It is a natural principle or law of life that what we think about we get. If we focus on challenging times, if we focus on financial downturn, if we focus on poor health or bad relationships then that is exactly what we will get. Yuck, who wants that? The people that seem to thrive, at all times irrespective of circumstances, are the people who have the ability to be *resilient by nature*.



## Resilient By Nature

I know you are wondering what the difference is between 'focusing on being resilient' and being 'resilient by nature', so I will tell you. The difference is what you are focusing on and what is in the front of your mind. Those that are 'resilient by nature' are thinking about creating a desirable outcome, and the fact that there may be challenging times is irrelevant. Those who are 'resilient by nature' never count the cost and they never worry about the sacrifice. They do the right things all of the time, because they have a goal and a burning desire to turn that goal into a successful reality.



Successful people are only interested in doing the things that will take them closer to their goal - if a challenge appears they negotiate it quickly and find a solution effectively and keep moving forward. They have eyes only for what they want and they automatically become 'resilient by nature'.

Have you ever set your mind so firmly on something that the work to achieve it didn't feel like work at all? My mum was diagnosed with secondary cancer in her liver and then had to go through a myriad of painful, stressful, uncomfortable and inconvenient treatments that came with no guarantees of a long term cure. So, you would think that the need for her to be resilient was essential. But no, she never once thought about resilience - she simply focussed on her own long term wellbeing and because she had her eyes so firmly fixed on survival, any pain or discomfort was irrelevant to her - she was 'resilient by nature'. I talk about my mum, her journey and the amazing life lessons in my book *Dance Until It Rains*.

## Challenging times create opportunities for abundance

The prestige car industry is in all sorts of trouble at the moment - or is it? Is it the industry or is it that the individual car companies are focusing on different things. The retail industry is in ruins at the moment - or is it? Why is it that there are prestige car companies and retail businesses experiencing growth in a 'so-called' 'economic crisis'? Are they immune? Do they have an extraordinary product? Do they have better customer service? Well maybe a little of each, but it is certainly not the difference between significant growth and devastating losses. The difference is that the companies that are growing are 'resilient by nature'. That is they are not focusing on the need to be resilient, they are focusing on growth. Every company, every small business and every individual is getting exactly what he/she/they are focusing on.



Do you know, with a different perspective you will see that this really isn't a time of adversity, but rather an amazing period of opportunity? So why not make the most of it? You can be **resilient by nature** by simply by fixing your

vision firmly on what it is you want and then taking positive action and simple steps towards its attainment. Keep going, keep 'dancing until it rains' and you will, irrespective of the circumstances, get whatever you want.

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