



achieve it.

What if the success you're seeking is behind the 10th door but you quit in discouragement after opening 9 doors? You'll never reach your goal – and never know how close you were to succeeding. That's why top performers have a very simple definition of a winner:

A winner is that person who gets up one more time than she is knocked down.

Let's achieve it.

**It's not whether
you get knocked down; it's
whether you get up.**

Vince Lombardi

Getting Back Up

You may be more familiar with the Cardi B quote, “*Knock me down 9 times, but I get up 10.*”

But the lesson is the same: ***being resilient is often the difference between success and failure.***

How can we strengthen our resilience so that it’s there when we need it? We start by accepting that we will always face will challenges and adversity. We can’t control whether there will be setbacks. We can only control how we respond to them. The silver lining is that being able to learn and grow from our setbacks makes us stronger. This is why when we look back at challenging times, we often realize that’s when we grew the most.

The stronger we get, the greater our ability to respond proactively to setbacks. Our expectations strongly affect the way we show up and perform each day. Another step to building our resilience is to stay mentally positive by changing the story we tell ourselves to a positive one. A positive story acts as a sort of personal “body armor” to help us shrug off disappointment. If instead we always expect the worst, we’ll have less energy and drive and become more easily discouraged by new challenges.

Staying in the here and now also keeps us focused on the next step we need to take instead of becoming overwhelmed by how far we think we have to go. The practice of mindfulness can help you stay present in the moment instead of daydreaming or worrying (or burning up time watching TikTok videos).

Finally, expressing gratitude for what we have and affirming that with generosity toward others is an excellent way to build resilience.

Helping or supporting others makes us feel better about ourselves and gives us even more to be grateful for. Staying connected to a positive future and really getting clear that how you respond to challenges, setbacks and failures is a *choice* will give you the resilience and drive you need to get through both the good and bad times.

WOMEN *achieve*