

# 4 RESILIENCY MANTRAS

Tailwind

## GROWTH

"If I work at my goals,  
I can achieve them."



## COLLABORATION

"True success is achieved  
with other people."



## COMMITMENT

"My life is meaningful, interesting,  
and worth my total effort."



## CHALLENGE

"Life difficulties are normal and  
I have & can grow in any situation."



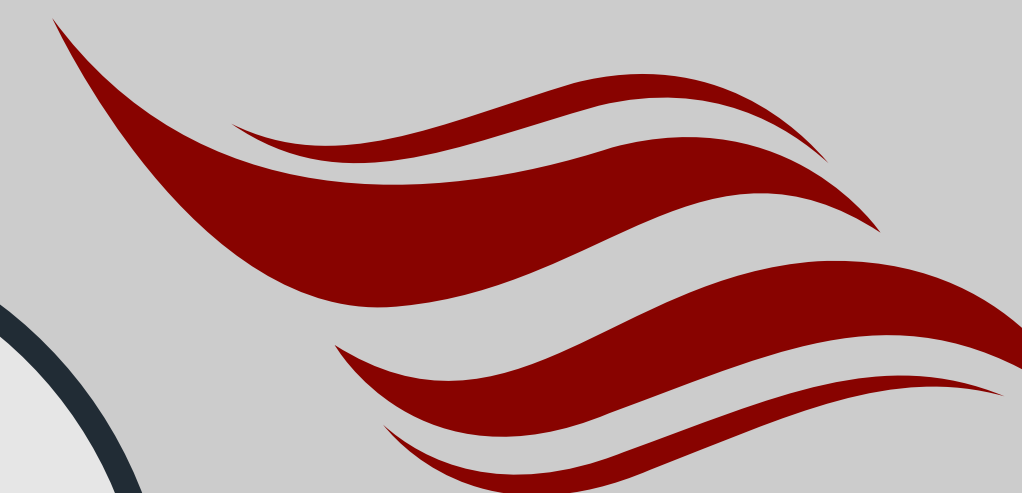
# BURNOUT

Headwind

## LOW

## ACCOMPLISHMENT

"My efforts make little difference."



## ISOLATION

"I feel like I'm going it alone."



## CYNICISM

"Why bother? It's not worth it."



## EMOTIONAL EXHAUSTION

"I'm done."

