

Definition of Resilience:

(noun)

The capacity to withstand or to recover quickly from difficulties.

We invited our guest speakers to share a favorite book, podcast, quote, or other tips for tackling adversity, and they didn't disappoint!

Mike Childress (mike@chilhomes.com):

- Mindset: If you approach the dumpster fire as an opportunity, it's amazing what can happen!
- The best decisions are made when you have the most information available: 1) assess the situation, 2) consider all available options, and 3) follow through. The benefit of hindsight is that it helps you understand if you did it correctly.

Lisa Thomas (lisa@polarisrealestate.com) -

- Recommended reading:
 - Girl, Stop Apologizing: A Shame-Free Plan for Embracing and Achieving Your Goals by Rachel Hollis

Bryant Mitchell (bryant.mitchellcollective@gmail.com) -

- A favorite quote - *"Adversity introduces a man to himself."* ~ Dr. Seuss
- Recommended reading:
 - Everything is Figureoutable by Marie Forleo
 - The Infinite Game by Simon Sinek

Mike VanderWoude (mike@grar.com)

- *"If you're going through hell, keep going."* ~ Winston Churchill
- *"The only way out is through."* ~ Robert Frost



Wake-Up w/YPN

October 16 from 9:00 to 10:00 a.m. at Egypt Valley Country Club

From Values to Vision: Creating a Roadmap for YourFutureU

Panelists: Michael Courtright, Lisa Novosad, and Megan Tefft

Moderator: Josh May