

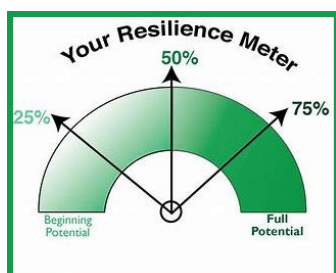
## The Power of Resilience

If anyone requires the power of resilience, it is a writer. For the most part, writing is an individual endeavor. Resilience is your ability to recover from setbacks. Have you experienced a few setbacks in your writing life? Who hasn't? What is your resilience barometer?

1	2	3	4	5
Setbacks stymie your progress.	It takes you some time to recover from a setback.	They get to you for a while then you recover.	Depending on the severity of the setback, you can recover quickly.	Setbacks? What are setbacks?

It's evident that the closer you are to rating yourself as a 5, the faster you can get on with your writing after the setback occurs. You are fortunate if you can take a setback in stride. Most of us probably fall into the 3 and 4 range. Anything below that needs some attention if you are to achieve your goals and dreams. Analyze the cause of the setback and quickly consider the options available to you to move forward.

Someone else has experienced what you are going through. If you can find that person, their insight into how to address your setback may help you. Expanding your writing network can be very valuable. Join a local or online writing group. Relevant information may be available in libraries and over the internet. If setbacks prevent you from functioning normally, professional help may be the answer.



Whatever your situation, don't let a few setbacks stop you from reaching your writing outcome. In the words of Dr. Robert H. Schuller, "Tough times don't last, tough people do." Be resilient! Don't let the tough times define you. Be that tough person who can react to a challenging situation with personal grit and creativity.

Remember: An unpublished writing project is an unfulfilled dream. Be your own cheerleader and Make it Happen.

*"Resilience is knowing that you are the only one that has the power and the responsibility to pick yourself up."* – Mary Holloway

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