

THE ART OF RESILIENCE

BY SANDIE ROBERTSON

AS WE START 2021 I BET NONE OF US
COULD EVER HAVE IMAGINED THAT WE
WOULD STILL BE IN THE GRASP OF A
GLOBAL PANDEMIC. IT'S HARD NOT TO
FOCUS ON THE YEAR LOST AND THE
DREAMS DASHED. NOT TO MENTION THE
HORSES AND RIDERS WHO ARE A LIKE
DESPERATELY WAITING FOR THE DAY
THAT COMPETITION RESUMES.





At a time like this it's easy to feel like we don't have choices or options and it just is as it is.

That's the first mistake!

Undoubtedly the world has and is changing at an incredible rate, but thankfully as humans we are designed to adapt and change with graceful ease. So don't fight it, be curious and excited about changes you can make.

The second is allowing you to feel stuck.

There are of course things that are outside our control but the secret to a “ **winning mindset** ” is to be able to “ **see** ” the variables but only “ **focus** ” on what we can control or alter. And believe me that's more than you may think.

The art of having a resilient mindset is probably the most priceless thing you could ever own.

Resilience is all about being able to overcome the unexpected. Sustainability is about survival.

The goal of resilience is to thrive.

Use my 3 top tips to help create that resilient mindset and cultivate success.

1 - Integrity is key, if you decide to be a certain way it has to flow through every area of your life. Not exclusively to one, it takes determination but it's worth it.

2- Set an intention for the day and hold yourself accountable to achieve it.

If you didn't do it;why not? And what did you learn?

3- At the end of each day notice and note down what affected you in what way.

4 - Being resilient is not about not feeling, it's about being able to assess what we really feel and what's making us feel that way and then create a positive outcome.

5- Write a contract to yourself with all you want to achieve this year, be serious, own it and sign it!

6- Read it every day and naturally every decision you make will take you one step closer.

7- Take time to mediate and focus, resilience is low when stress is high so self-care is a must.

8- Some people's opinions matter and some don't. Don't get stuck in those that don't.

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