

# RESILIENCE READY

Vivian Blade, Leadership & Resilience Expert  
<https://ResilienceReady.Today>

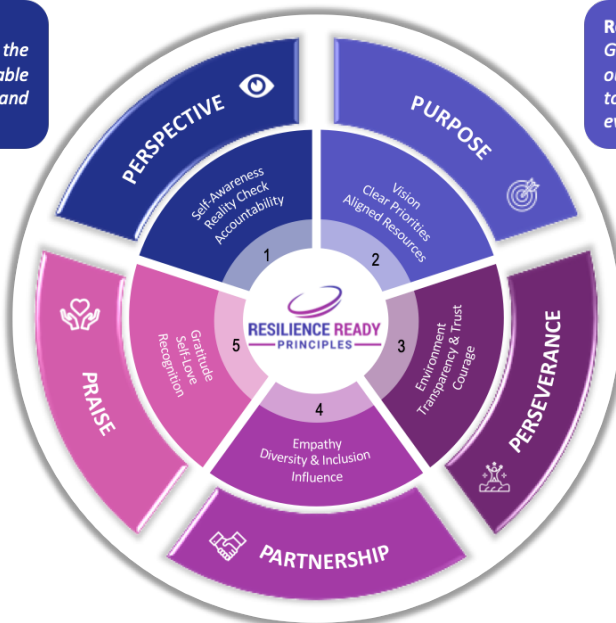


Content covered on pp. 55–57 of *Resilience Ready: The Leader’s Guide to Thriving Through Unrelenting Crises*.

The Resilience Ready principles and practices offer a framework for rebuilding your reservoir of resilience so that you can adjust to—and purposefully deal with—challenges as presented through a given crisis. Each of the Resilience Ready Principles offers a series of steps, represented in the second tier of this graphic, that guide you in building your resilience.

**Resilience Ready Principle #1: Perspective**  
 Goal: How can I use insights about myself, the realities of the crisis, and be more accountable in making a mental shift about the situation and the possibilities?

**Resilience Ready Principle #2: Purpose**  
 Goal: How are we being called to serve? What outcomes and future state are we working toward? How can we emerge from this adversity even stronger?

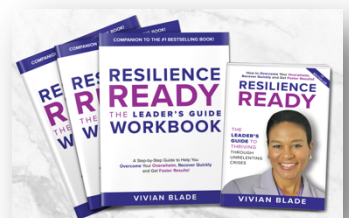


**Resilience Ready Principle # 5: Praise**  
 Goal: Enhance personal value and self-worth through generously extending gratitude and recognition to self and others.

**Resilience Ready Principle #3: Perseverance**  
 Goal: Discover the psychological, emotional, and physical strength to push through the adversity regardless of what you have to face.

**Resilience Ready Principle #4: Partnership**  
 Goal: Forming connections through experiences you have with others and building on the strength of those relationships that develop to work together in achieving a common goal.

**Related resource:** Resilience Ready Self-Assessment  
 (Contact Vivian Blade for details.)



available at

