

RESILIENCY

Resiliency In The Moment: Connecting with your Passion

“Passion is energy. Feel the power that comes from focusing on what excites you.”

- Oprah Winfrey

Don't let chronic stress rule your day. Focus your attention on the small moments that energize you.

1. Take a moment to find one small thing that has brought energy to your day.
2. Consider why it brings you energy.
3. Intentionally seek similar moments.

Sometimes it's difficult to see the small moments of wonder and awe that sprinkle our days. Taking time to intentionally reflect on these moments gives us the extra energy needed to tackle the larger short-term stresses of the moment.



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