

## YOUR TURN

Is there a place in your life today where you feel you are stuck or want to give up? Think about that area and take the time to journal about it.

### **Areas I'm stuck:**

Is there anything you have learned that can inform your next steps for moving forward in these situations? Do you need to pivot, as I did when my grades slipped in college? Get creative in thinking about ways you can use what you've learned so far to not give up and to keep moving toward your goals.

### **Learning and opportunities to pivot:**

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### READ

- ***The Power of Habit: Why We Do What We Do in Life and Business*** by Charles Duhigg
- ***Superbetter: A Revolutionary Approach to Getting Stronger, Happier, Braver and More Resilient—Powered by the Science of Games*** by Jane McGonigal. Also check out her TED talk and corresponding smartphone app.
- ***The Resilience Breakthrough: 27 Tools for Turning Adversity into Action*** by Christian Moore
- ***Executive Thinking: The Dream, the Vision, the Mission Achieved*** by Leslie L. Kossoff
- ***Endurance: Shackleton's Incredible Voyage*** by Alfred Lansing. How all 28 crew members survive a two-year ordeal after being shipwrecked in Antarctica.

### LISTEN

- ***Road to Resilience by Mount Sinai Health System*** — The Power of Optimism
- ***How I Built This with Guy Raz*** — Outdoor Voices: Tyler Haney
- ***How I Built This with Guy Raz*** “How I Built Resilience” Series. Guy talks with founders and entrepreneurs about how they navigate the COVID turbulent times.

### WATCH

- ***Free Solo*** — National Geographic documentary. Get ready for a breathtaking experience!
- ***Rudy***. Rudy had always been told that he was too small and not talented enough to play college football. But he is

determined to overcome the odds and fulfill his dream of playing for Notre Dame.

- ***The Pursuit of Happyness***. This compelling autobiographical film follows entrepreneur Chris Gardener's journey from homelessness to success in the financial industry.
- ***Overcoming Hopelessness*** | Nick Vujicic – TEDxNoviSad
- ***Sheryl Sandberg's 2016 commencement address*** at UC Berkeley

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## ACTION STEPS

List ideas you have to find inspiration for staying on track during tough times or when facing difficult obstacles. Think about how you might be able to pivot and discover new ways to approach those obstacles so they feel more surmountable. Rather than simply giving up on a goal, how can you re-strategize and find a different path?

Find your own inspiration for never giving up. Study other people's stories of overcoming long odds to achieve their dreams. What about them and their experience might help you keep going?