

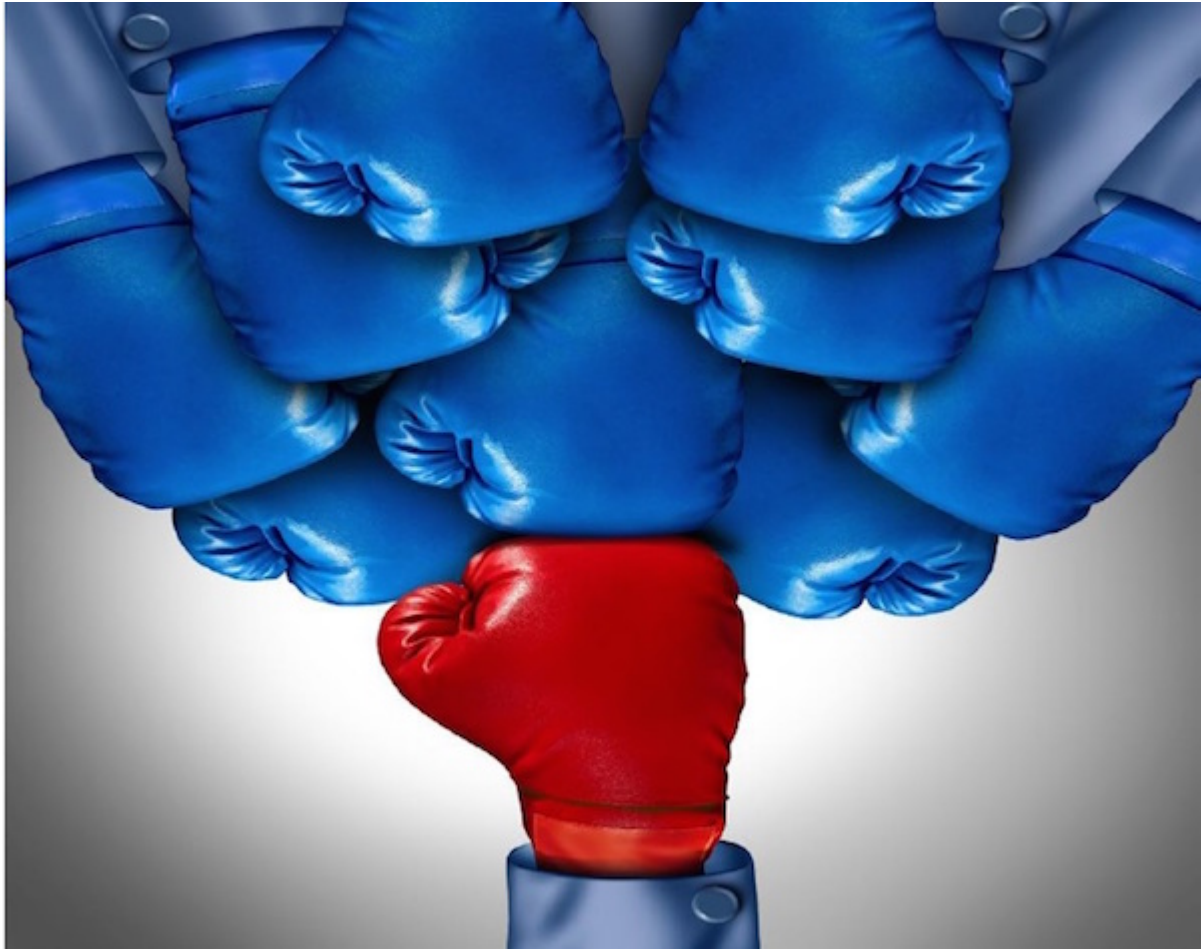
# BEING RESILIENT

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Many qualities go behind developing a resilient personality. The first one would be the ability to learn from failures and bounce back as quickly as possible. However, a lonely person cannot fight his way back to an operative state that early. It takes a lot of self-belief and grit to bounce back from a failure and regain ground.

He would need a strong network of friends and associates who are supporting in nature and positive-minded in their approach. A resilient person also has a quality to be able to design a realistic plan and manage to implement it. Unrealistic targets and impossible demands are something that a person with resilience would avoid at all costs, simply because of the lesson he would have learnt from his previous failures.



Self-evaluation is a critical step in creating resilience. You need to have a clear understanding of your strengths and your boundaries so that you can execute your plans successfully. In addition to all the qualities mentioned above, the most important skill that people are now attributing to resilience is the ability to communicate clearly and deploy interpersonal skills to create a positive impact.

In all, a resilient person needs to hold his emotions in check and not be too impulsive. A level-headed approach toward problem-solving and issue-handling defines a resilient person fit for our times.