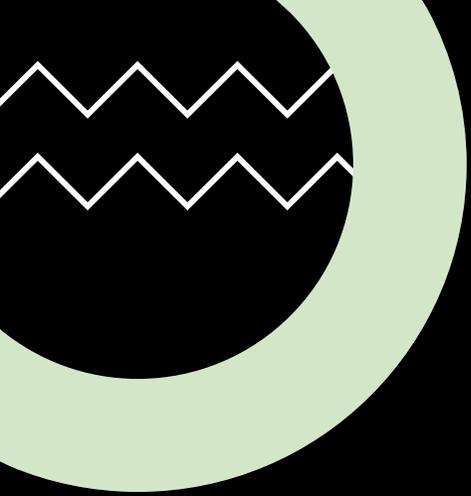




# Strengthening Resilience: Timeless Truths and Personal Growth

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# Life's Search for Meaning and Truth

*God grant me the serenity  
To accept the things I cannot  
change;  
Courage to change the things  
I can;  
And wisdom to know the  
difference.*



*"We live in two worlds,  
an inner world and an outer world."*

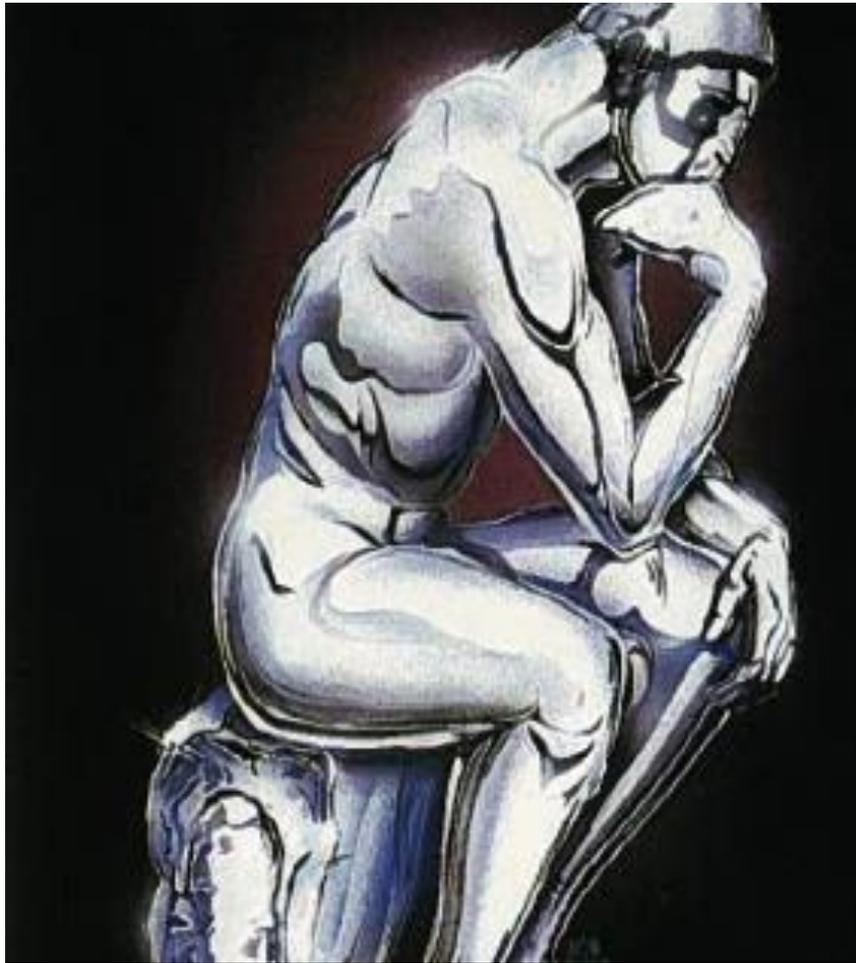




# Reflection Questions

What is one of the best examples of advice for life you have ever received from someone?

What is one of the worst examples of advice for life you have ever received from someone?



*"The readiness is all." –Hamlet*

We can't know what the future holds, but we can build readiness for life's disappointments and opportunities.

# Cultivating Readiness To Avoid Barriers to Objective Thinking

Objective strategic thinking is essential to developing strategies to best cope with adversity. We may think we have the ability to be objectively impartial, but research shows that's not the case.

We are prone to three objective thinking mistakes:

- **Short cuts.** When short of time, under pressure, and faced with complexity, we often take short cuts.
- **Biases.** People often give significantly more weight to their preconceived biases than to contradictory opinions or perspectives.
- **Social motivation.** Social influence related to status often wins out over good judgment. That said, always remember, ideas inform but relationships transform.



*Tawa Kachina*

*Symbol of sun, life and growth*

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# Cultivating the Ability To Be Resilient

Resilience is often defined by how effectively one responds to adversity. Some adversity, such as the death of a loved one, can't be changed, but many kinds of adversity can be addressed through adaptation.

Four of the most important resilience strategy abilities are:

- 1.
- 2.
- 3.
- 4.

One of the key abilities in addressing adversity is the mindset of acceptance without acquiescence.

# The Open-Minded Ability To Value Competing Truths

Openness is a personality ability which allows people to be accepting of change and receptive to new learning, experiences and ideas, including competing truths and values.

## The Power of Paradoxical Thinking

A paradox is a statement that seems to be opposed to common sense, but if seen from a different point of view can also be true. Some examples of paradox are

1. The sooner you start, the longer it will take.
2. You can be powerful without having power.
3. The path to personal growth is not a line, but a circle.
4. The best way to expand consciousness is to shrink it.
5. It's better to be understood than to be specific.



*Closed-mindedness is the enemy of personal growth.*

*Thinking takes time,  
and even a short  
intentional pause  
can matter*



# The Power of the Pause for Consideration

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The ability to pause with intention to think and assess prior to acting with a behavior or a question greatly enhances a person's opportunity to make a difference in interactions with others, pausing

- to listen carefully before responding.
- to assess the truth being communicated.
- to interpret the motivational subtext.
- to consider any competing truth.
- to assess the metamessages on display.
- to consider if something needs to be said, needs to be said now, and should be said by you.

# The Power of Intentional Practice

Through practice small, incremental gains in abilities can add up to make big differences in one's personal growth.

Staying the course in practicing personal growth abilities seems to call for three significant commitments:

- Intentional focus on developing and strengthening specific abilities.
- A growth mindset where one believes effort is the key to improving personal abilities instead of believing abilities are fixed and therefore not improvable.
- Deliberate practice continuously integrated into one's daily activities, followed by reflection and assessment.



*“Practice does not make perfect, but it does make abilities we want to develop more permanent.”*



# Introspective Self-Reflection

Personal growth is often enhanced by taking time for yourself and with yourself: time for yourself for enjoyable renewal and time with yourself for reflective introspection.

My garage which is covered wall- to-wall and ceiling with pictures and posters that have been engaging to me for a variety of reasons at various times in my life. It always offers me an introspective opportunity to revisit complementary and competing truths, beliefs, and values. Some truths have proven to be consequential in my later years and others far less so. But everything on the walls and ceiling speaks to me of my successes and failures, joys and disappointments, insights and misunderstandings. For me, it is a good way to stay in touch with who I think I have been and who I hope I can yet become.

