



## RESTORY

WRITE A NEW STORY THAT GIVES NEW MEANING TO YOUR EXPERIENCE. YOUR STORY BECOMES YOUR REALITY. RENEW YOUR MIND AND CREATE A STORY THAT SERVES YOU.

## POWER WORDS

- Create
- Renew
- Design
- Revive

## ADAPT

CHANGE, SHIFT, LEARN, AND GROW TO ROLL WITH THE SITUATION. THINGS MAY NOT LOOK LIKE YOU IMAGINED. VISUALIZE WHAT YOU WANT AND BE OPEN TO WHAT IS NEW AND DIFFERENT.

- Adjust
- Shift
- Learn
- Grow

## DEFY

DEFIANTLY BREAK FREE FROM WHAT IS NORMAL. STAND OUT AND BE REMEMBERED. ALLOW YOUR UNIQUENESS TO DEFY THE EXPECTATIONS OF SOCIETY. FORGIVE OTHERS AND YOURSELF. LOVE YOUR ENEMIES.

- Uncommon
- Courageous
- Undaunted
- Unique

## IGNITE

FUEL THE FIRE OF YOUR FAITH AND HOPE. YOU ARE A SPIRITUAL BEING. BELIEVE IN A FORCE BIGGER THAN YOU.

- Gratitude
- Aspire
- Awaken
- Visualize

## CONQUER

BE COURAGEOUS. FACE YOUR FEARS HEAD-ON SO THAT YOU MAY OVERCOME AND CONQUER THE OBSTACLES THAT GET IN THE WAY OF YOUR VICTORY.

- Brave
- Impact
- Action
- Triumph

## ACCEPT

SURRENDER TO WHAT IS. ACCEPT THE SPRINGBOARD FOR WHAT IS TO COME. RELEASE CONTROL AND TRUST IN THE PROCESS OF GROWTH.

- Freedom
- Expand
- Flexible
- GO

## LEAN

LEAN IN TO SUPPORT FROM OTHERS AND COMPASSION FOR YOURSELF. BUILD A TEAM FOR GUIDANCE, WISDOM, AND ACCOUNTABILITY. HONOR YOUR FEELINGS.

- Encourage
- Celebrate
- Boost
- Strengthen

Radical Resilience is the capability to adapt, recover, and overcome, even when everything seems to be stacked against you.

Radical Resilience is a choice to flourish and grow anywhere you find yourself planted in life.

A L E G U P O N L I F E

R O N I S A S A K I . C O M