



RADICAL RESILIENCE ROADMAP

RE STORY

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.

R

As he passed by, he saw a man blind from birth. And his disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "It was not that this man sinned, or his parents, but that the works of God might be displayed in him."

John 9:1-3 ESV

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.

A

Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.

Philippians 4:11-13 ESV

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.

D

For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

2 Corinthians 12:10 ESV

IGNITE

FUEL THE FIRE OF YOUR FAITH AND PASSION FOR JESUS CHRIST. SPEND TIME WITH JESUS EVERY DAY SO THAT YOUR RELATIONSHIP GROWS. YOU ARE NEVER ALONE.

I

Jesus answered him, "If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him."

John 14:23 ESV

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.

C

No, in all these things we are more than conquerors through him who loved us.

Romans 8:37 ESV

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

John 16:33 ESV

ACCEPT

SURRENDER TO WHAT IS. ACCEPT THE SPRINGBOARD FOR WHAT IS TO COME. RELEASE CONTROL AND TRUST GOD'S PLAN FOR YOUR LIFE.

A

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

Proverbs 3:5-6 ESV

LEAN

LEAN IN TO SUPPORT FROM OTHERS AND COMPASSION FOR YOURSELF. LOOK TO JESUS FOR GUIDANCE, SUPPORT, AND PEACE. HONOR YOUR FEELINGS.

L

Come to me, all who labor and are heavy laden, and I will give you rest.

Matthew 11:20 ESV

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 any where you find yourself planted in life.

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

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