



*5 TIPS*  
*to improve your*  
*Resilience*

***Hanneke van den Berg***

## CONTENTS

Life is like a circle	3
Tip 1: Giving meaning to your life	4
Tip 2: Living from the truth	6
Tip 3: Kindness and understanding	8
Tip 4: Helping	10
Tip 5: Keeping your goal in mind	12
Worksheet	15
Epilogue	16

Life is like a circle of giving and receiving. Everything you give, you receive back. This is a process you can give meaning to.

Resilience is important. It enables you to work with the dynamics of life in a powerful and confident way. It also enables you to give meaning to this continuous motion.

Life is often a personal expedition that can put your resilience to the test. You can learn how to deal with this from safety and connection, which forms the foundation of your resilience.

These 5 tips will provide you with an understanding of how you can develop your own resilience.

A handwritten signature in blue ink that reads "Hanneke". The signature is written in a cursive, flowing style.

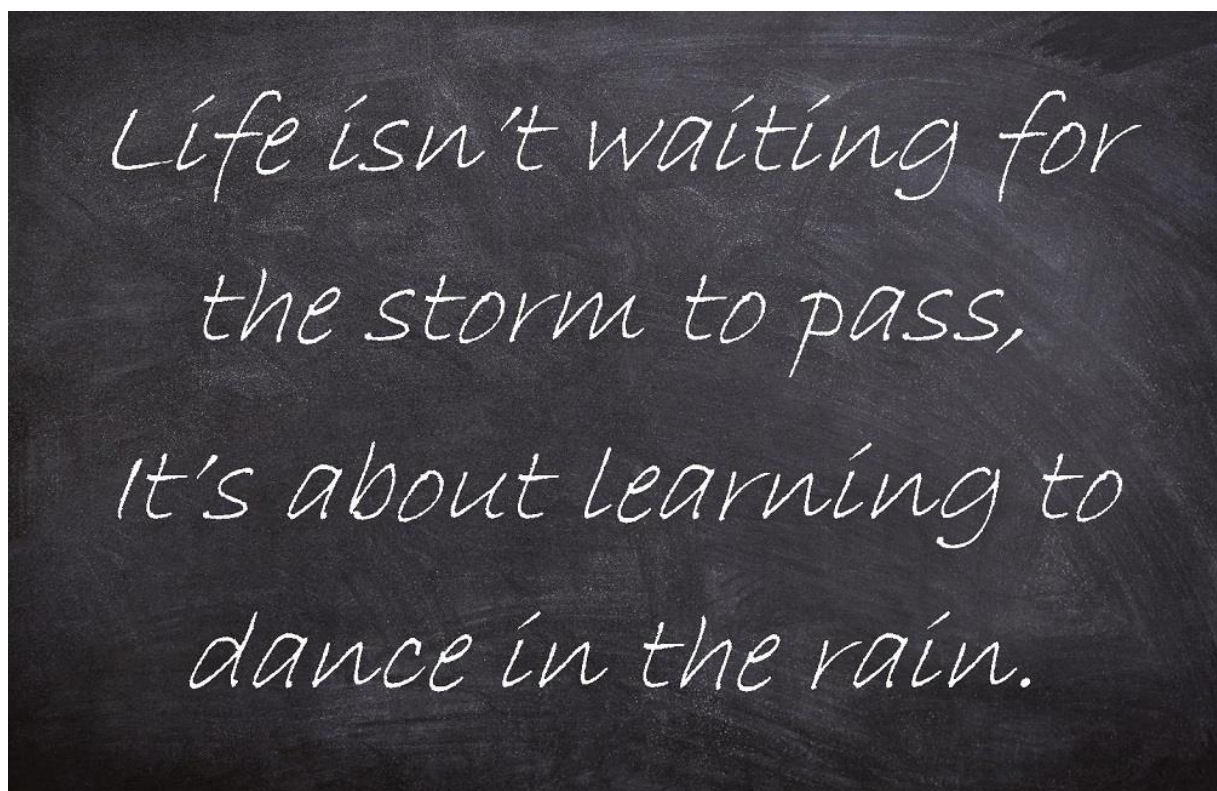
# 1. Giving meaning to your life

---

*Life is always changing. This can be difficult to deal with. Whatever you do, do it with conviction and be clear in your intentions to yourself and to others. Be yourself. Do not wait until changes pass and do not be afraid to chase your goals. Help others develop their goals. Give meaning to everything you do in your life, and do it with the right intentions.*

*Give the world the best of you. Behaviour and experiences with good intentions will give you energy and resilience. Inner purity will give you purity in your words and your behaviour. Wish, desire, and create meaning this way.*

*A better world starts with you!*



- ❖ Look for good and useful things you can do. Things that make you happy and that have meaning for you. Get out of your rut. Do something and change something. Inspire and create.
- ❖ 'Throw overboard' any unpleasant matters. Nobody is better off if you do things that make you unhappy. You are least of all. There are, of course, unpleasant responsibilities. Try to find a way to deal with these that makes you happier. That seems easy to say, but there is light to be found in every situation.
- ❖ Look for beautiful things you can look forward to. There is always room for a fun prospect in your life, however small it may be. You can create it for yourself too. Try to hold on to that feeling.
- ❖ Change whatever you can change. If you cannot change something, try to accept it and see it as a part of life you cannot influence. It is useless to want something or to want to change something and to put a lot of energy in it if changing it is impossible.
- ❖ Accept that you are a human being with options. You can always learn, wish, and desire. By looking for your (hidden) qualities, you can give yourself a chance to be who you are. Do not make yourself smaller than necessary.
- ❖ Do not regret the things you have done and the things that happened as a result of someone else's actions. Maybe you had wanted to do something differently, but you did it in your way. Hold on to positive feelings.
- ❖ Habits can be hard to break and it takes time to get used to other practices. If you do not succeed at something immediately, or if it does not happen the way you wanted, try not to feel angry or disappointed in yourself. Do not be too hard on yourself. You should try to do it the right way, not to be superhuman.

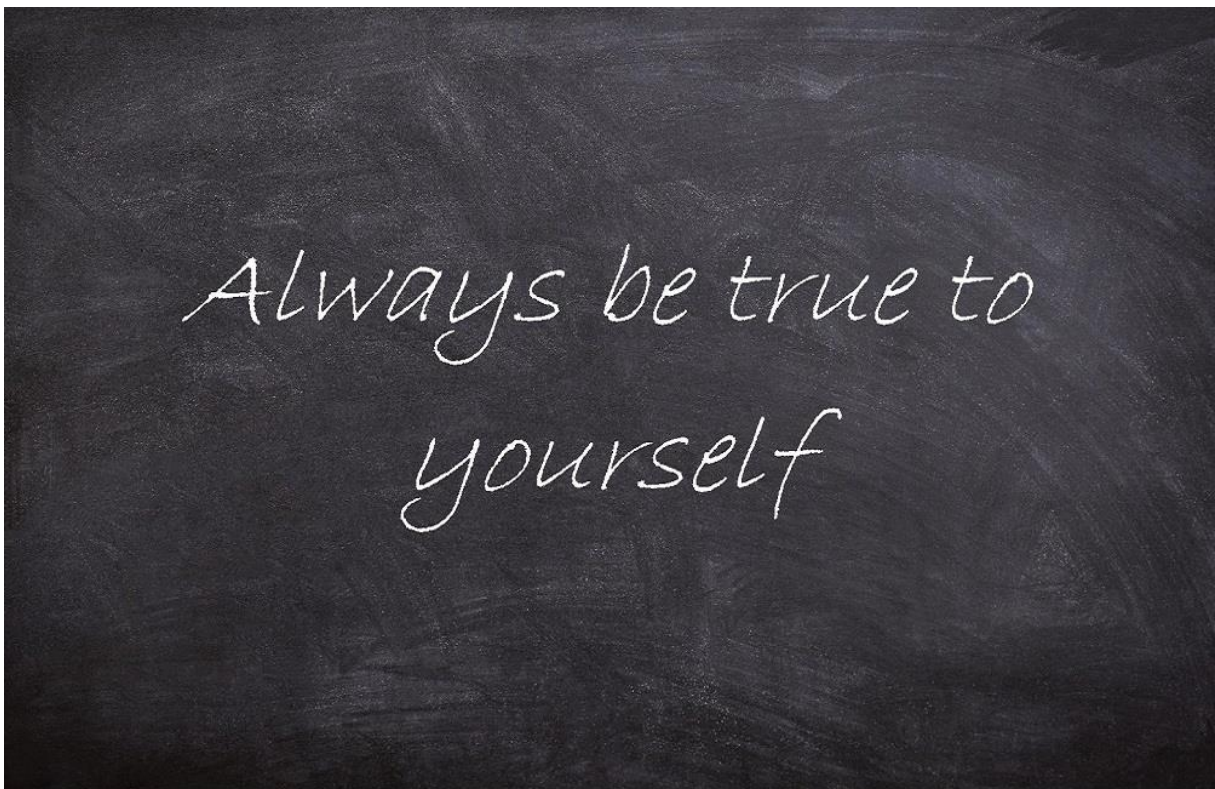


## 2. Living from the truth

---

*Every time you tell a lie, however small, you put yourself in an impossible position. You get a hidden agenda and you must remember your lies. You lie to yourself because the truth is always different, and this causes you to lose other people's faith in you. More importantly: it causes you to lose your own faith in yourself.*

*Lies are not necessary. The truth is what it is.*



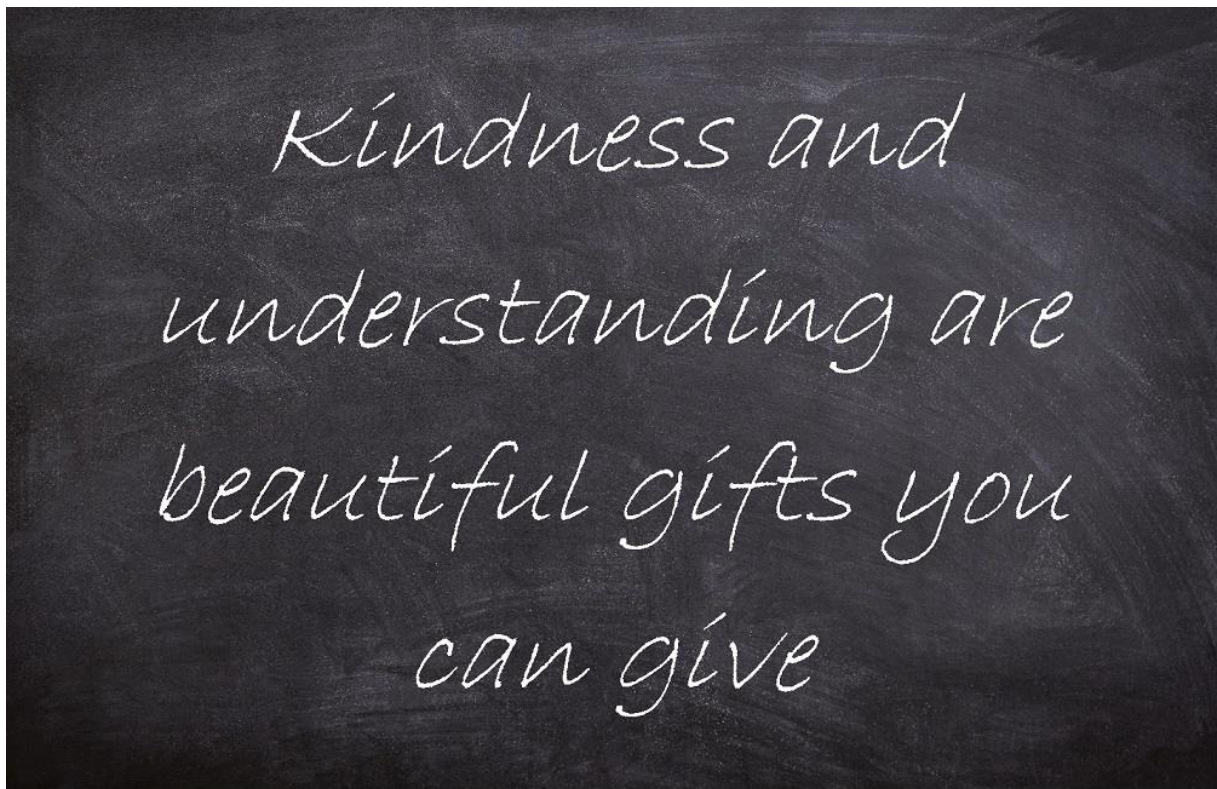
- ❖ Be honest with yourself. Your own honesty will give you the energy to do the right thing.
- ❖ You are good enough and interesting enough and you do not have to measure yourself against others. A feeling of shame and inferiority is disastrous for your self-confidence. People are who they are, including every beautiful quality and possibility, but also every quality and possibility that is not as beautiful.
- ❖ Honesty to yourself and to others is beautiful. It can be difficult to be honest to yourself. People are sometimes inclined to bend the truth out of insecurity. To make the truth sound more beautiful to themselves and to fill it out. Sometimes to others too. Admitting to yourself that something does not feel right, or that something plainly is not right, requires bravery.
- ❖ What is your truth? Do you dare to admit that somebody else has a nicer and more beautiful idea? Without feeling jealous or loathing them? Are you sincerely happy for the other person?
- ❖ If you notice someone else cannot or does not want to tell the truth, accept it with a smile. It is someone else's trial to make this decision.
- ❖ Sincerity in words is sincerity in thoughts and deeds as well. Believe in what you say and think, and act upon your promises to others.
- ❖ Dare to doubt. Investigate what your doubts tell you.
- ❖ Truth is not about being right or winning discussions. Realise that everyone sees reality and the truth as it is seen with their own feelings, behaviours and thoughts. This is not necessarily wrong, it is just different. Accept that.

### 3. Kindness and understanding

---

*Everyone likes to be treated with kindness and understanding. This is a continuous cycle of giving and receiving. The more you give, the more you receive.*

*The power of kindness: the world will never have enough of it.*





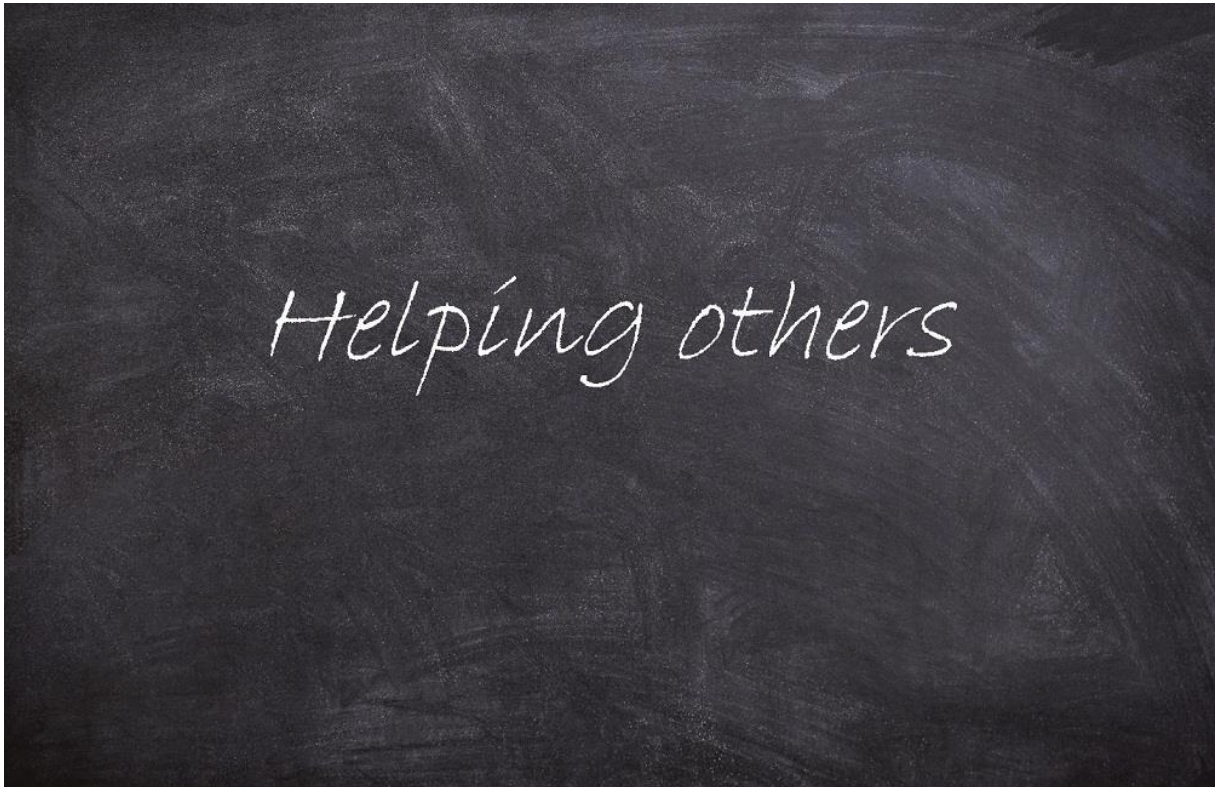
- ❖ Try to adopt a friendly and thoughtful attitude.  
A self-evident friendly attitude will give you a positive appearance and will invite others to be kinder as well.
- ❖ Every moment is an opportunity to be kind. Seize these opportunities.
- ❖ Kindness is in the small things: a smile, a gesture, a greeting and a thought. These small things empower interpersonal communication.
- ❖ Every person has thoughts and feelings that may not always be positive. By approaching someone else in a positive way, you acknowledge the other person. They will feel better and adopt your positive behaviour.
- ❖ Discover how a single word of understanding can do more for someone else than a thousand words. Look for your own words of understanding.
- ❖ If you criticise someone, do it in a friendly way. If someone else behaves in a way that crosses your boundaries and this makes you uncomfortable, you should confront them of course. Tell them how you feel without putting the other person down.  
Honest and sincere feedback can help someone change their ways.
- ❖ React to someone else's unexpected and intense emotions in a calm way. This gives you, and possibly the other person as well, time to evaluate and react to the situation.  
Name it. Do not react out of your own emotions but, even though this may be difficult, react out of patience and the will to know what is happening.
- ❖ Be kind to yourself and compliment yourself. Be kind and understanding to yourself even if you have done something you would rather have done in a different way

## 4. Helping

---

*Helping is satisfying. Everyone needs a goal in life and helping other people can always be a goal. You can help in several ways. You can help in small and large ways, and in practical or supporting ways.*

*Helping will make you feel good and satisfied: you can make someone else happy. This will radiate from the other person back to you.*



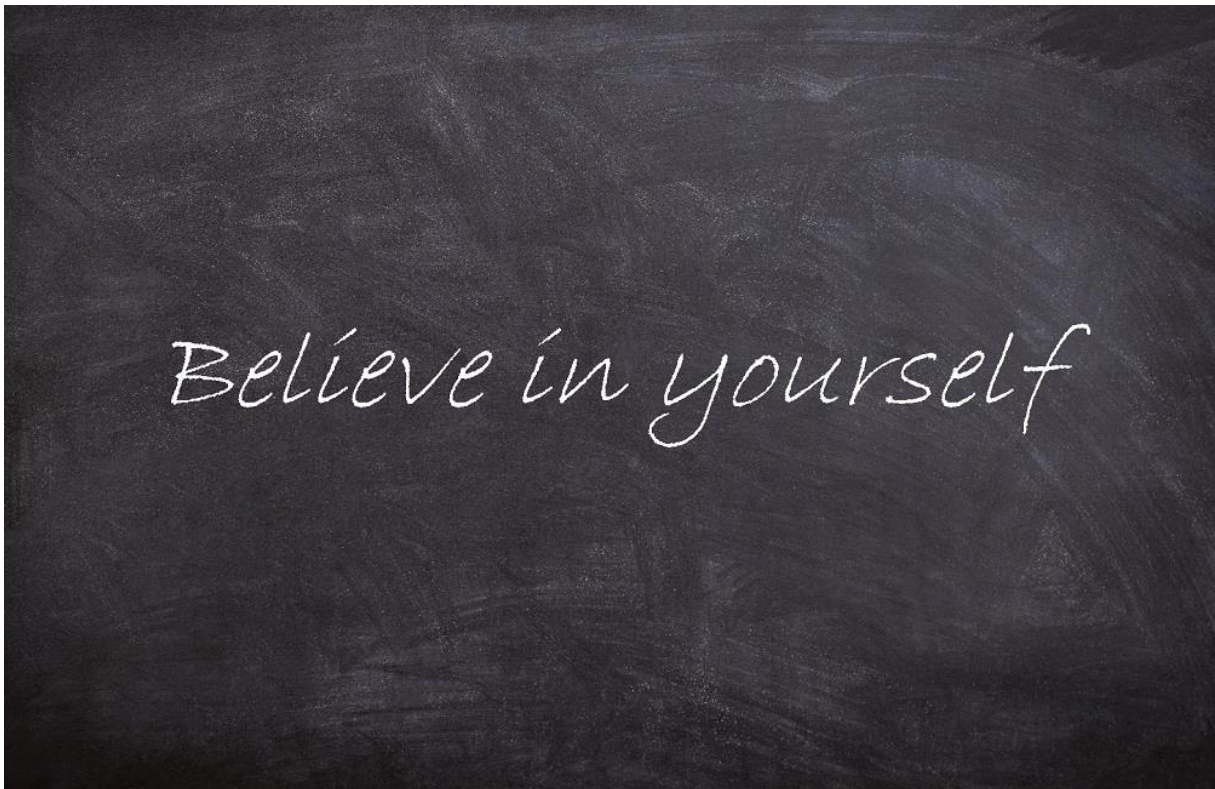
- ❖ Be sincere: if you help someone, do it without a hidden agenda and without expecting something back
- ❖ Everyone likes it when something unexpected happens in a positive way. Surprise someone with it.
- ❖ Help another in the way they want to be helped. Give them room if they do not want help.
- ❖ Being attentive to the other is important: offer a listening ear. Sometimes it may not be clear someone needs help, or there may be a large threshold for them that prevents them from asking for help. If you listen carefully to someone it often becomes clear in what ways they can use your help.
- ❖ Even if there are a lot of people able to help: take the initiative.
- ❖ Support someone in their decisions or lifegoals. If someone feels supported, there is room for acknowledgement as well.

## 5. Keeping your goal in mind

---

*Life can be a continuous chain of (unexpected) events. This can create turmoil and stress in your life and can cause you to lose sight of the bigger picture. Keeping your goal in mind is an important part of your sense of identity. Life on earth, your goals, plans, ideas, creativity and beautiful things that may be brought to life.*

*Believe in your possibilities and remember every day that you can give meaning to the world.*

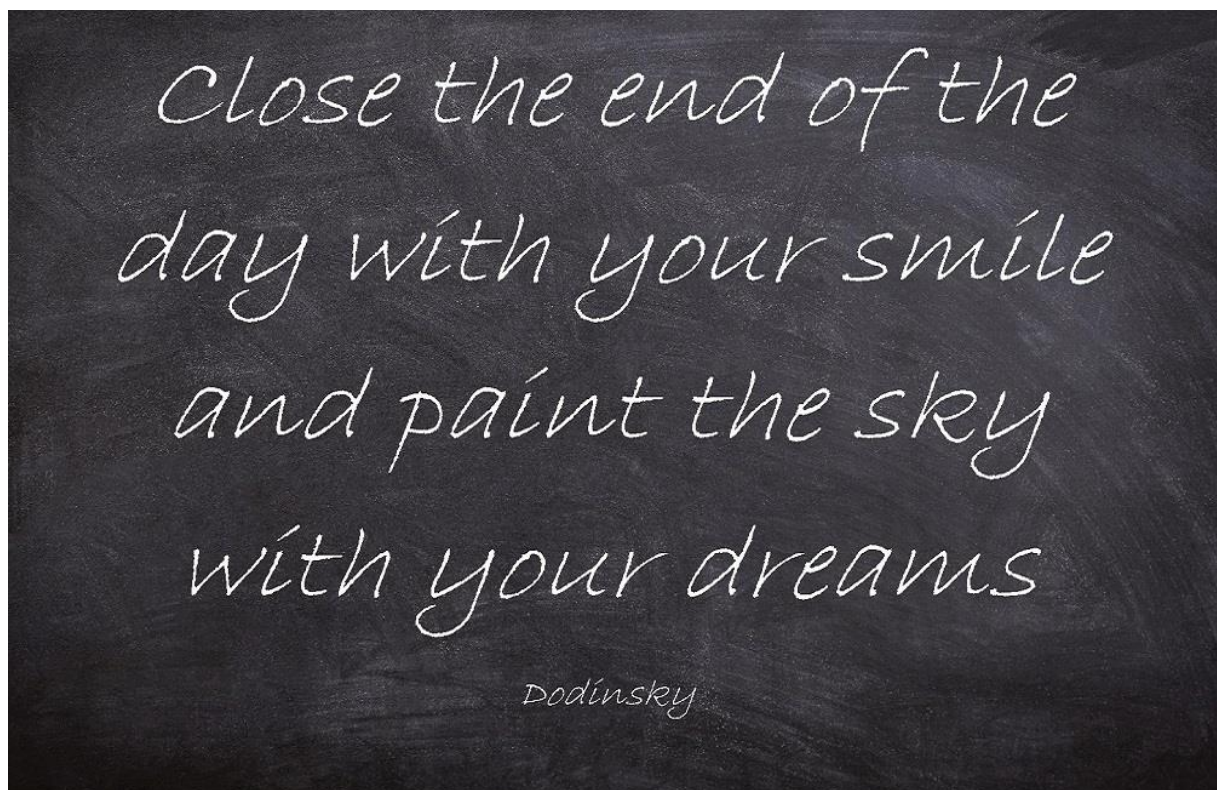


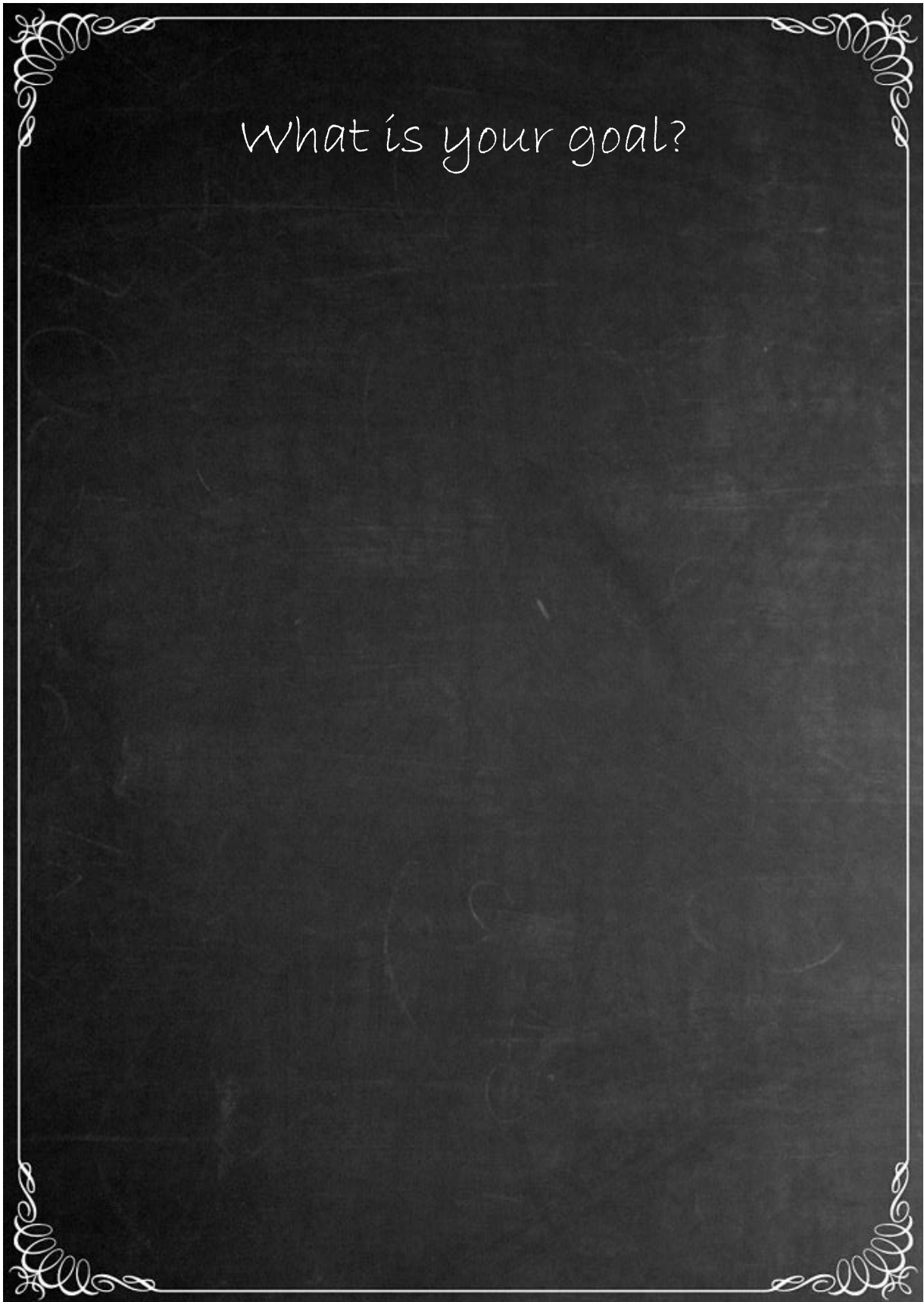
- ❖ Discover your talents. Foster them and develop them. Everyone has talents! Talents left unused are harmful to your emotional wellbeing. When you have discovered your talents, look at how you can use them in your life in the best possible way.
- ❖ Apply yourself as much as possible to develop who you are. Be curious as to what the world has to offer you. Stay informed of new education. The best case scenario is you doing what you can be good at.
- ❖ Choose for authenticity in your life. Do not choose for the ones with the loudest voice, the most important position or the most power and influence. Give yourself enough space to discover and evolve.
- ❖ Do what makes you happy and believe in what you do. This gives you your self-confidence.
- ❖ Try to live with insecurities. Not everything has to be filled in. Life goes on. Acknowledge that every day is a new opportunity and that every day gives you a new day to live. This will reduce resistance and give you more satisfaction in life.
- ❖ Do not prove yourself for someone else's benefit. You are the one who has to live with yourself. Live from your own pleasure and experience. As soon as you can see the beauty of someone else, look at the bright side of a situation and can understand someone else's behaviour, the need to compare yourself to others will disappear.
- ❖ Remember that not everything can go as quickly as you want it to. Take enough time and work patiently towards your goal. Step by step... draw it, write it down.
- ❖ If things go wrong, consciously choose for a moment of rest and relaxation. Protect yourself against day-to-day stress by planning in enough time for yourself, however short that may be. Use this time well.



- ❖ Give your thoughts enough time to rest as well. Life can be overwhelming. Everything you create is duplicated: once in your thoughts in the process of creativity, and once in reality. It is therefore important what thoughts you choose. (If you are well-rested you will be more aware that you can choose) A beautiful and positive thought can make any situation more beautiful. A negative thought can make any situation more negative.
- ❖ Be aware of every day and experience what is going on. Be happy with every day that gives you a possibility to work towards your goal.

And.....





This e-book, '5 Tips to improve your resilience' is part of the program: **INTENSIVE SUCCESS**, to work intensively on your ability to reach your goals successfully.

'5 Tips to improve your resilience' is not a suitable substitute for a training program or therapy. The information in this book is meant to be an introduction and is written as such. If you want to know more about the **program INTENSIVE SUCCE**S, you can contact me at [www.counsellingdelft.nl](http://www.counsellingdelft.nl)

Do you want to be inspired to live in a positive way? Request the **FREE Inspiration book** through the website: [www.counsellingdelfst.nl](http://www.counsellingdelfst.nl) On this website you will find a lot of information about my work, and you will be able to subscribe to the newsletter.

Follow Counselling Delft on Facebook. Here you will find more news, inspiration and tips: <https://www.facebook.com/CounsellingDelft>

My quality is helping others make use of their personal power. With my unique programs I can help you make optimal use of your capabilities. I can teach you how to let go of your old and restricting patterns and how to set new goals. You can use your change fast, effectively and sustainably in your life. **Personal leadership, Connection and Identity** are the core principles that help you be the best you can be!

You can leave a comment on my e-mail: [counsellingdelft@gmail.com](mailto:counsellingdelft@gmail.com)

April 2016

Hanneke van den Berg

