



**SHE  
STEPPED IN  
RIGHT  
ON TIME**

**FINDING THE RESILIENCE  
IN YOU**

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## INTRODUCTION

**B**eing resilient is not an easy job. Bouncing back after life's challenges can be quite overwhelming and make you doubt if you're ever going to recover. *Psychology Today* says that "Resilience is that ineffable quality that allows some people to be knocked down by life and come back at least as strong as before." Rather than letting difficulties or failure overcome them and drain their resolve, they find a way to rise from the ashes. They further share that resilience is not some magical quality; it takes real mental work to transcend hardship. But even after misfortune, resilient people can change course and move toward achieving their goals. This e-book will explore ways to find the resilience within you when your experiencing adversity.



## CHAPTER 1

# *My Heel Broke*

**H**ave you ever been walking in the office and thinking that you are just “all that”? Maybe not. LOL. What about rushing to lunch and boom, you twist your ankle? You find a seat to gather yourself and realize that you just broke the heel on your favorite pair of black pumps! What’s worst is not only did the heel brake, but it broke in half!

Have you ever had an experience in your life that you felt just broken? You were walking on cloud nine and then comes an unexpected tsunami of problems, disappointments, mishaps, and trauma. In life, there are many surprises, some good and some not so good. Would you agree that when something breaks, it may not be destroyed? That same shoe can possibly be super-glued or shorten depending upon where it is broken. Your story doesn’t end because one pair of shoes had a mishap. Resilience is about getting through the hurt without letting it crush where fortitude lives.



## CHAPTER 2

# *Shoe Repair*

If you have ever taken a shoe to the shoe repair store, the first thing the repairmen may look at is the heel; the “SOLE.” He wants to see the condition of the sole, the foundation of the shoe. The fabric that keeps the other patterns of the shoe together. Soles are often the first part of a shoe to wear out. Fortunately, as long as the rest of the shoe is in good shape, repairing the sole can be an easy way to make your shoes good as new. With a little sandpaper and some adhesive, you can replace worn-out treads, fix holes, or tighten loose soles in just a few minutes and wear them again within 24 hours. Resilience depends on what’s in the very soul of an individual.

The soul of a woman is much like the sole of a shoe. Our SOLE stories are simply masterpieces! They have taken us so many places – high pavements, rest stops, and even tracks for the races of life. The resilience within, keeps us bouncing back instead of crashing and burning.



There are some specific things that may prove helpful when repairing our “soles” on that favorite pair of shoes.

1. Remind yourself daily that, “I GOT THIS! I WAS BORN WITH EVERYTHING THAT I NEEDED TO SURVIVE AND THRIVE!”
2. Recognize that there are some things you can’t change; “It is what it is.”
3. Take care of YOU! Self-care is essential.
4. Life is a classroom – keep learning.
5. Ask for Help – everyone needs someone.
6. Remember to take a break and refuel.
7. Keep the positive and throw out the negative, i.e., people, places and things.
8. Laugh often and cry anytime you feel like it.
9. Don’t be afraid to face your fears – take a sister-friend along with you. Share what your trepidations.
10. Don’t magnify the problem; identify, assess, and create a plan of action.



## CHAPTER 3

### *Time to S.T.E.P.*

**A**dversity is a part of life, but there are times when it is time to just move – to just STEP! There will be seasons when you will have to go against what society says, what has been diagnosed. You have to reach deep down in your gut and say, “I Got This”! According to research, psychologists agree that some people seem to be born with more resilient than others. But they also assert the possibility for everyone to cultivate more resilience. We don’t buy shoes to sit in our windows or stay in their boxes. We buy shoes to cover our feet and safely transport us step by step. Women are some of the most resilient creatures on earth. We get it done by any means necessary. We move, we create, we alter, we forgive, we give, but most of all we bounce back!

Ladies use the gifts you were inherently given. Everything about you says resilient, overcomer, survivor, thriver, and BOSS. You have everything you need to STEP!