

TRUE G.R.O.W.T.H.

MOTIVATE. INSPIRE. GROW.

RELIABILITY AND RESILIENCE:

The second principle of TRUE G.R.O.W.T.H. is twofold and lies at the core of successful relationships and internal peace: **Reliability** and **Resilience**. Both are powerful for our individual growth. Combine the two, and our character and capabilities are magnified *drastically*.

Being reliable means having integrity. Integrity means doing the right thing when no one is looking. On an even deeper level, integrity means doing the right thing, even when it's hard. That's what being reliable is. The ability for others to count on you through thick and thin, no matter who is watching.

That doesn't mean we have to be perfect. It just means we can bounce back after our mistakes and face the series of obstacles life presents us with. That is **resilience**; the ability to withstand the tough times and continue on our path with focus and precision.

How can someone rely on us without knowing our genuine nature? How can we rely on ourselves without being confident in our ability to weather the storm? This takes practice. It requires a strong support network to help us build that confidence. The ability to weather the storm does not mean we must do it alone. It just means that you can be relied on to show up to face the storm when it arrives. This is where **reliability** and **resilience** meet; the instinct to rely on our capabilities and believe in ourselves and those around us, and the opportunity for others to believe in us when things get tough. We must embrace setbacks as opportunities to learn and grow and to withstand the obstacles put in our path.

That is TRUE G.R.O.W.T.H.

Identifying that we are imperfect beings but showing the world that we can be relied on to stand our ground. We prove to ourselves that we will always get back up, even when no one is looking.