

When All Efforts Fail

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Challenge No 7

Resetting

By Anita E Kohli

Resilient home managers tend to foster resilience within the family. Resilience is the ability to reset quickly after a set-back.

Feeling things should always work can make one give up easily. Expecting bumps in the journey and having a 'Happy Place' helps.

Mine is more like many 'Happy Routines' that I can choose from on days I need to reset.

- Hobbies - playing the piano, singing, walking in the sun.
- Comfort food - chicken biryani, idli sambar or chocolate.
- Time with my diary AND a hot cup of chai 😊

The routine of many visits to my happy places are what make them so comforting. *This challenge is that you to set some of your own.*

GOALS

EXPECT A BUMPY RIDE

Know that you will have many hits and misses. Know that this is ok. Failure is just life's way of telling us to look for different solutions.

PLAN A HAPPY PLACE

To help you relax. Reset. And then move on.

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