

# Day 10

## Resilience

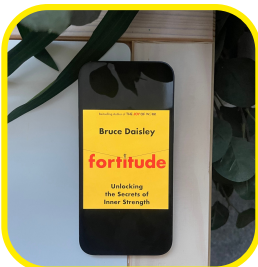
**Squiggly**  
**Careers**  
Skills Sprint

### What is this squiggly skill?

'Resilience is the strength and speed of your response to adversity.' - Adam Grant

Improving your resilience range and investing in your resilience reserves improves your response.

### Go to Guru



**Bruce Daisley**  
Author of Fortitude

### Recommended Listen



**Squiggly Careers #252**  
Investing in your resilience with Dr. Bill Mitchell

### Ideas for Action



#### Focus on your world outside of work

Reduce *enmeshment* (when your work becomes your world) to improve your resilience range.

Ask yourself:

1. *What makes up your world outside of work?*
2. *How are you prioritising it?*
3. *How can you protect it?*



#### One action a day

Have an action a day that is just for you. These can be simple pleasures that make you smile (*e.g. going for a walk or listening to music*). These small actions done regularly can reduce stress.