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Resilience



LIFE  
BALANCE  
POWER



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## RESILIENCE

*Excerpt of*

ignite Your Spark Workbook



***Purchase the  
Full Workbook***



*Archana Patel*



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# About Archana Patel & Life Balance Power

## Who Am I

My name is Archana. After 13 years of sitting behind a cubicle programming, analyzing, testing, and leading, I began a personal journey to discover my purpose. Although I was good at mainframe programming, I always felt drained at the end of every day. I began a personal journey to discover who I am, what my purpose is, and what I was missing in my life.

I began meditating, reading various books, and studying 'Archana' by discovering my strengths, talents, skills, and natural gifts. What I discovered scared me. I had not realized that I had buried my true feelings under layers of rules, expectations, and social manners. I was hiding from myself. I realized the only thing I was missing in my life was **ME**.

I stood in front of the mirror and began to meet my new best friend. The more I peeled the layers of rules, dogmas, and external responses, the closer I came to my true self. I felt joy. Everything became easier. I finally separated myself from my problems. Now, they were opportunities to learn and grow. I became playful.

Now, I wanted to make a difference for someone other than me. As an inspirational Speaker, Coach, and Facilitator, I connect to the truest part of my clients and support them on their journey to joy.

## What I Do

My mission is to inspire everyone I meet to believe in themselves and tap into their power to playfully design the life of their dreams. I offer Life Coaching enhanced with Emotional Freedom Technique (EFT), Executive Consulting, and Motivational Speaking.



**Archana Patel**  
**Life Coach**  
**Life Balance Power**



## Why I Do It

I have personally overcome self-destructive, low self-esteem, depression, helplessness, introversion, cultural and other limitations. Along my journey, I have discovered some very powerful tools and wisdom. All this has made such a profound impact on my life that I am inspired to help others find their strength and joy in life.

Mahatma Gandhi said, "You must be the change you wish to see in the world". I wish to be an active player in creating a happy world.

Your life is a reflection of your relationships. The most important relationship is the one you have with yourself and your body. How you relate to your world is a reflection of this truth. I support you in upgrading your view of yourself. This one view will support you in creating a balanced lifestyle.

Connect with Archana  
LifeBalancePower@gmail.com  
<https://LifeBalancePower.com>



*ignite* YOUR SPARK

## *Resilience*

You have the power to  
change everything that  
“happens” to you.  
Archana Patel



# Healthy vs Unhealthy Emotion

## Resilience

Resilience is the bedrock of emotional well-being, the unwavering pillar that supports us during life's storms. It allows us to rebound from adversities, to rise again after we've fallen, and to see failures not as dead ends but as opportunities for growth and learning. Like a palm tree bending under the force of a powerful gale, resilience enables us to sway but not break, irrespective of the emotional cyclones that life throws our way. It bolsters our spirit, fosters optimism, and gives us the strength to march forward, even when the path is steep and challenging.

## Low Resilience

With low resilience, we may find it challenging to bounce back from adversity. Life's setbacks might seem overwhelming, often leading us to a state of despair or helplessness. It's like being a fragile vase that cracks under pressure, unable to withstand the trials that life inevitably brings. This inability to cope effectively with stress can lead to chronic anxiety, depression, and other mental health issues.





# The Worry Outlet

The objective of this exercise is to provide a contained space for worry, preventing it from spilling over into the rest of our day. The gratitude practice at the end serves to shift focus from challenges to positives, fostering resilience.

## Instructions

Set a timer for 10-15 minutes.

- During this time, write freely about your worries, fears, or problems. Let this be a safe space for you to express these feelings.
- Once the timer is up, review what you have written and consider if there are any actionable steps you can take to address these worries. Write these steps down.
- Close the exercise by writing down three things you are grateful for.

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# The Worry Outlet

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## ACTIONABLE STEPS

## GRATITUDE



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