

# Building Resilience: One Step at a Time

## Guarding Your Heart

To thrive is to grow vigorously and flourish, to make progress and prosper. It is possible to grow vigorously and flourish, make progress and prosper even in the toughest times. It will come down to how we guard the heart - the mind, will, and emotions that underlie our living and responding. If we aim to thrive, the heart of the matter is indeed a matter of the heart. The following are a few ideas and tips to consider.

What does it mean to “guard the heart?” Guarding your heart involves training the mind to see good as well as opportunity in everything. This means we make the choice to not be swayed by circumstances and people. It is a critical skill we can all grow in our daily living. Most of your difficulties are opportunities for this, and we can only effectively practice this skill in the midst of difficulties.

Guarding the heart involves the firm belief that you will thrive. People endure setback, disease, and disaster with calm and focus. There are people who change jobs and move across the country with little emotional disruption. There are people who get divorced amicably. Others face into job loss, disease, injury, or financial setbacks with calm, focus, and the resolve to see it through to a good outcome.

Guarding the heart is a daily practice of the mind and the emotions. How can people grow and thrive even though things seem to be crumbling, and usually emerge stronger in heart at the end? Such courage and heart-strength come when we make habits that encourage the heart.

**Pro Tip:** Check out the one-pager, “**The One Minute Pause,**” on this website. The One Minute Pause is a tool to help you make good thought choices daily. When you notice negativity, fear, anger, bitterness, fatigue, or hopelessness, stop the train. Use the one-minute pause to reorient your thinking in a more positive direction.

Guarding the heart includes investing in positivity daily. You can do this in several ways. Make your work and home environments more visually positive with attract positive messaging. Even positive messages on sticky notes can work.

**Pro Tip:** Do the next thing. When you seem down, overwhelmed, uncertain, or struggling to find hope, find what needs to be done next and simply do it. Then do the next. Then the next. Progress promotes positivity and encourages us. Forward movement lightens burdens and encourages hope.

Guarding the heart means committing to speaking positively with others and avoiding dwelling on negatives. This is hard to do when things seem dark, but it can be done. It is skill that requires focus and practice, but you will be amazed how it lightens your outlook and encourages your heart.

Now, let’s hear from the ancients on this. King Solomon of ancient Israel gave us wise advice:  
**“Guard the heart, for it is the wellspring of life”**