

The Resilience Manifesto

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1. **A wellspring of resilience is inside us. We are stronger than we think.**
2. We were born with individual and collective resilience. Our quest is to find our way to these internal springs and nourish them.
3. **We cultivate resilience so that we can thrive, not simply to survive.**
4. Resilience is cultivated through daily habits and thoughts that strengthen dispositions.
5. It is a human right to explore and express emotions.
6. To help students build their emotional intelligence and resilience, we must simultaneously tend to our own emotional intelligence and resilience.
7. Powerful and effective educators talk about emotions at work.
8. How we interpret events and tell our story matters. In our interpretation, we exercise the freedom to choose our attitude.
9. We are all connected and responsible for each other: Caring for the other is caring for the self.
10. **We cultivate our resilience and become stronger so that we can help others become stronger; we cultivate our resilience so that we have energy to heal and transform the world.**

Aguilar, E. (2018). *Onward: Cultivating emotional resilience in educators*. San Francisco, CA: Jossey Bass