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RESILIENCE



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RESILIENCE



**The capacity to recover from
difficulties.
Toughness.**



RESILIENCE



It's about realising that things go wrong in life, and not letting problems become bigger than they really are.



RESILIENCE



Agree or Disagree?

**A PERSON WHO
FALLS AND
GETS BACK UP IS
MUCH STRONGER
THAN A
PERSON WHO
NEVER FELL.**

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RESILIENCE



Resilient or irresponsible?



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