**“RESILIENCE IS ACCEPTING YOUR THINGS YOUR NEW REALITY, EVEN IF IT IS LESS GOOD THAN THE ONE YOU HAD BEFORE”**

Resilience is accepting the changes that had done in life, when something unexpected is happened in the life like losing anything, it feels like heavy and hard to lead that situation.

Anyhow resilience is about accepting the hardships and figuring out the situations and move forward. As the things will be normal soon. Instead of staying in the past it’s better to accept the situation and adjust with the new reality the happened. resilience will help you to find the best way to get out of it. The changes in life are not easy but the situations make you strong and live independently.

The process of accepting the situation can be challenging. It is common to have emotions like anger, frustration and fear.

Life will not be same as we planned. There may be many ups and down we need to face while achieving our dream goal. This thing hit me hard when I was rejected and I didn’t get my dream job. when we didn’t achieve our dream even after working hard and putting more efforts in it. we can get demotivated and we will be in depression.

I was lost when the thing happened to me. I used to listen to motivational speeches and broadcast and I realised the reason behind the rejection and started working hard instead of getting demotivated and felling depressed. I tried more and more even after getting rejected. I started look for new opportunities. and I started exploring new things and I had gained more knowledge and new goals.so I started feeling.

As I opened my self to new possibilities. I got the new job that I haven’t expected but ended up with even more loving. even after achieving the dream job, I never stopped exploring things. I started working again and I set up a new goal and I will work hard to achieve it. I will never stop after reaching my goal. As I was not in the way which I was planned. I was so happy very with the opportunity. Even my rejection is for the sake of good because of that I achieved a better opportunity than I dreamed.

I learned that life wasn’t same as our dreams we need make it better. Sometimes rejections are better. Failing or rejecting again and again will make you strong and fight individually. Life is not different from our plans. After this I realized that my first failure was not the end of my journey. The job I had wanted so desperately might have led me down path.

The job I thought I wanted might not be the better option for me by letting go off my dreams and accepting new changes and new opportunities made me success. I found new interests and strengths that have not noticed before. this helped me to overcome my depression and started new journey focusing on new opportunities and achieving new goals.