





# Developing Personal Resilience Gives You Superpowers

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“Watch your **thoughts**, they become your words; watch your **words**, they become your actions; watch your **actions**, they become your habits; watch your **habits**, they become your character; watch your **character**, it becomes your **destiny.**”


- Lao Tzu



**“I’m not. I can’t. I won’t. I don’t.”**

**OR**

**“I am. I can. I will. I do.”**



**“You make your choices.  
Your choices make you.”**