

# Resilience Group Discussion

Girl Scouts are more likely to persevere through a difficult task when they are familiar with examples of how others have persevered. Use these examples to spark a group discussion around resilience using the discussion starters. The Spotlight Skills – Group Discussions module may also be of interest to you.

## Resilience Quotes

SUCCESS IS NOT FINAL, FAILURE IS NOT FATAL: IT IS THE COURAGE TO CONTINUE THAT COUNTS.

Winston S. Churchill

CHARACTER CANNOT BE DEVELOPED IN EASE AND QUIET. ONLY THROUGH EXPERIENCE OF TRIAL AND SUFFERING CAN THE SOUL BE STRENGTHENED, AMBITION INSPIRED, AND SUCCESS ACHIEVED.

Helen Keller

THE MOMENT YOU DOUBT WHETHER YOU CAN FLY, YOU CEASE FOREVER TO BE ABLE TO DO IT.

Sir James Matthew Barrier

I'M ALWAYS PERPETUALLY OUT OF MY COMFORT ZONE.

Tory Burch

I LEARNED THAT COURAGE WAS NOT THE ABSENCE OF FEAR, BUT THE TRIUMPH OVER IT. THE BRAVE MAN IS NOT HE WHO DOES NOT FEEL AFRAID, BUT HE WHO CONQUERS THAT FEAR.

Nelson Mandela

ALL THINGS WHICH GREATLY HURT ME GREATLY TEACH ME.

Karen Salmansohn

IT IS HARD TO FAIL, BUT IT IS WORSE NEVER TO HAVE TRIED TO SUCCEED.

Theodore Roosevelt

STRENGTH DOES NOT COME FROM WINNING. YOUR STRUGGLES DEVELOP YOUR STRENGTHS. WHEN YOU GO THROUGH HARDSHIPS AND DECIDE NOT TO SURRENDER, THAT IS STRENGTH.

Arnold Schwarzenegger

PERSEVERANCE IS FAILING 19 TIMES AND SUCCEEDING THE 20TH.

Julie Andrews

A HERO IS AN ORDINARY INDIVIDUAL WHO FINDS THE STRENGTH TO PERSEVERE AND ENDURE IN SPITE OF OVERWHELMING OBSTACLES.

Christopher Reeve

IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT'S DONE.

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Nelson Mandela

YOU CAN'T BE THAT KID STANDING AT THE TOP OF THE WATERSLIDE,  
OVERTHINKING IT. YOU HAVE TO GO DOWN THE CHUTE.

Tina Fey

IT TAKES A GREAT DEAL OF BRAVERY TO STAND UP TO OUR ENEMIES, BUT  
JUST AS MUCH TO STAND UP TO OUR FRIENDS.

J.K. Rowling

SUCCESS CONSISTS OF GETTING UP JUST ONE MORE TIME THAN YOU FALL.

Oliver Goldsmith

STUDENTS MUST HAVE INITIATIVE; THEY SHOULD NOT BE MERE IMITATORS.  
THEY MUST LEARN TO THINK AND ACT FOR THEMSELVES – AND BE FREE.

Cesar Chavez

I AM NOT AFRAID OF STORMS, FOR I AM LEARNING HOW TO SAIL MY SHIP.

Louisa May Alcott

WHAT IS THE DIFFERENCE BETWEEN AN OBSTACLE AND AN OPPORTUNITY?  
OUR ATTITUDE TOWARD IT. EVERY OPPORTUNITY HAS A DIFFICULTY, AND  
EVERY DIFFICULTY HAS AN OPPORTUNITY.

J. Sidlow Baxter

EVERY STRIKE BRINGS ME CLOSER TO THE NEXT HOME RUN.

Babe Ruth

THE FUTURE DOESN'T BELONG TO THE LIGHT-HEARTED. IT BELONGS TO THE  
BRAVE.

Ronald Reagan

WE GAIN STRENGTH, AND COURAGE, AND CONFIDENCE BY EACH  
EXPERIENCE IN WHICH WE REALLY STOP TO LOOK FEAR IN THE FACE...WE  
MUST DO THAT WHICH WE THINK WE CANNOT.

Eleanor Roosevelt

THE VERY THINGS THAT HOLD YOU DOWN ARE GOING TO LIFT YOU UP.

Timothy Mouse in Dumbo

IT IS BEING HONEST ABOUT MY PAIN THAT MAKES ME INVINCIBLE.

Nayyirah Waheed

YOU MAY NOT CONTROL ALL THE EVENTS THAT HAPPEN TO YOU, BUT YOU  
CAN DECIDE NOT TO BE REDUCED BY THEM.

Maya Angelou

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### Discussion Starters

The following discussion starters are just a few of many that can be used to engage your Girl Scouts with the quotes about resilience and inner strength.

What is resilience?

What are your favorite quotes about resilience from the list? Why?

Describe a person you know or have learned about who overcame an obstacle or challenge in his or her life. What do you most admire about that person? Why?

How does the ability to be resilient affect the quality of our lives?

What are the positives and negatives of being resilient? When is it important to feel vulnerable, afraid, and reach out to others for support?

What skills do you possess that help you be resilient? What skills would you like to improve?

How do people learn to develop resilience?

In what ways could your resilience positively help other people?

What problems in the world, such as those related to poverty and abuse, would resilience help contribute to healing and well-being?