

Introduction

Resiliency is something I started learning about at a very young age. My mother taught all of us children to work hard and to keep going whenever life knocked us around a bit. There were times I thought that my circumstances were going to keep me down forever. I developed a stutter around the age of five, and it almost kept me from my purpose and my passions. Thankfully, experiences I had and the people who surrounded me during my journey down life's pathway led me to embracing my fears and stepping into clarity and fulfillment.

I believe everyone can learn how to take what life gives them and learn how to turn their pain into purpose. I learned how to do this and it resulted in me—an ordinary South Asian girl who grew up in Africa and then moved to Canada—being able to thrive.

This book is broken into three parts because I wanted you to understand where I've been, the obstacles I have overcome, the lessons I've learned in the process, and the habits and beliefs I have developed in order to become resilient in life and business. The second part of the book gives you the eight keys to transform your barriers into success, and as you consciously practice and implement these keys, you will start noticing how easily you are able to get unstuck, problem

solve, and move forward. The third part of this book gives you specific tools and a 3-step system to build your resilience muscle so you can make resilience your first reflex when faced with challenges.

I'm so grateful to:

My mother for instilling in me values and making me feel capable to do anything I set my mind to.

My husband, Badur, for being my support system and helping me fulfill my dreams.

My daughter, Arissa, for understanding the times that I had to lock myself in my office and write or travel, but yet encouraging me to do it.

My hope is that after reading this book, you will start using the methods and tools outlined in the book and become a resilient champion!

Zaheen Nanji

Table of Contents

PART 1 – The Road to Resiliency.....	1
Chapter 1: The Phone Call	2
Chapter 2: Revelation.....	12
Chapter 3: Embracing Change.....	25
Chapter 4: Rewards.....	36
Chapter 5: Fear.....	47
Chapter 6: Embracing Fear	55
Chapter 7: Entrepreneur.....	67
Chapter 8: My Role Model	79
PART 2 – Eight Keys for Resiliency	88
Chapter 9: Emotional Resilience	89
Chapter 10: Reframe	97
Chapter 11: Action	104
Chapter 12: Passion and Purpose.....	114
Chapter 13: Attitude.....	125
Chapter 14: Relationship Skills	139
Chapter 15: Appreciation.....	149
Chapter 16: Beliefs.....	159
PART 3 – Three Steps to Building Your Resilience Reflex ..	167
Chapter 17: Release	168
Chapter 18: Reprogram.....	177
Chapter 19: Resolve.....	184