Thrive on Uncertainty!

According to legend, Thomas Edison made thousands of prototypes of the incandescent light bulb before he finally got it right. In spite of struggling with “failure” throughout his entire working life, Edison never let it get the best of him. All of these “failures,” which are reported to be in the tens of thousands, simply showed him how not to invent something. His resilience gave the world some of the most amazing inventions of the early 20th century, such as the phonograph, the telegraph, and the motion picture.

It’s hard to imagine what our world would be like if Edison had given up after his first few failures. His inspiring story forces us to look at our own lives – do we have the resilience that we need to overcome our challenges? Or do we let our failures derail our dreams? And what could we accomplish if we had the strength not to give up?


Building Resilience

Resilience is the ability to bounce back when things don’t go as planned. According to psychologist Susan Kobasa, there are three main elements that resilient people possess. These are challenge, commitment and control.

You can develop resilience in several ways. First, take care to exercise regularly and get enough sleep so that you can control stress more easily. The stronger you feel physically and emotionally, the easier it is for you to overcome challenges. Focus on thinking positively, and try to learn from the mistakes you make. Build strong relationships with colleagues and friends so that you have a support network to fall back on. Also, set specific and achievable personal goals, and work on building your self-confidence.