

2021: The Year of Resilience
Rohnert Park Chamber of Commerce
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1/4/2021

In his classic book, [*Man's Search For Meaning*](#), Frankl described being locked down at Auschwitz Concentration Camp.

He said that it was there he **chose** to be free!

"When we can no longer change a situation, **we are challenged to change ourselves!**"

"Everything can be taken from a human but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, **to choose one's own way.**"

Frankl's inner freedom helped him survive the Holocaust, find meaning in his personal tragedy and empower himself. His famous quote has helped millions of people to overcome obstacles to this day.

This is the reason that I am voting for the word "resilience" for *the* Word of 2021. It reminds us that we always have the power to **choose**, regardless of how dire the circumstances were in 2020.

The American People and Resilience

Some people are born with pit-bull determination, less affected by [*stressful*](#) situations and more resilient to change. Others are more vulnerable to the arrows of everyday pressures.

But regardless of where *you* fall, it's possible to [*choose to be resilient*](#).

And yes...2020 *has* been a tragic year for so many—a year of so many losses and so much grief!

And yet, what the science and [wisdom](#) of resilience show us is that, as horrible as this year has been, the long-term impact **is not predetermined or fixed**.

2020 will pass no matter what we do, and 2021 will inevitably arrive the end of *this week*.

But what kind of year will it be? What lessons can you carry with you to shape it into a year of hope and possibility?

That is up to you!

And the more we choose to strengthen our resilience, the more we can bounce forward into a new and better year."

Wow!