

I AM RESILIENT

TOP 10 STRATEGIES TO BEING A
RESILIENT MAN IN AMERICA



DR. HARI DRAYTON

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Created in the United States of America and offered for download globally.

Front Cover Design: *At Your Virtual Service*
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Visionary Tavis Taylor



Raising two brown boys, 22 and 11, in a Trump society has caused me to reflect on the plight of the black man in America.

In addition to that, I'm a daddy's girl! My dad was a part of integration, he served in the military and has witnessed a lot in his years.

This is not a final destination as it pertains to this anthology, but it is my hope that it will start and spark a conversation amongst brown boys and men in America that, no matter what has happened, they have a legacy and a mandate to speak their truth as we all try to understand what it's like to be a black man in America.

Tavis

Dr. Kenny Jones

It is ok to breathe!

Take a moment to recognize that there are people who you will need you to enjoy your comeback season.

Much like the Recluse struggler, people need to know that you trust them and that you will need their council to get over the initial shock of your pain. The world isn't as against you as you think. Although during your pain, it may appear that everyone is against you. NEWSFLASH!—We are not!

The Macho struggler that is reading this book should work on accepting the idea that the people that mean you harm are not in your life. You are probably very aware of where people stand in your life, so if someone is close enough to you to check in on you, they are most likely someone you should trust. Your comeback season is probably hindered by your need to appear strong in all areas of your life.

Tap into the power of your resilience!



Dr. Kenny Jones

THE “WORLD IS OVER”

On some level, depending on the magnitude of the problem, we all can be this struggler. Typically, this is the person that believes that the world is over and it will be impossible to get through the pain of a situation. This struggler calls everyone and posts in detail about the problem in everyway they can. EVERYONE shares their grief, and they usually take the longest to get out of a situation. There is something special about this struggler that is important for us all to know: they are often telling you what they need the loudest.

Tap into the power of your resilience!



Resilience Reflections

*Which struggler most resonates with
your life?*



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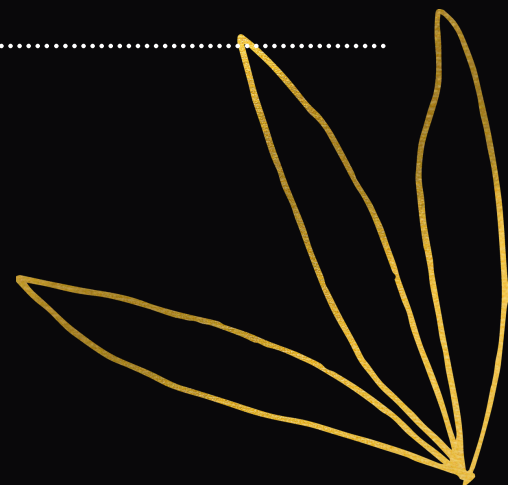
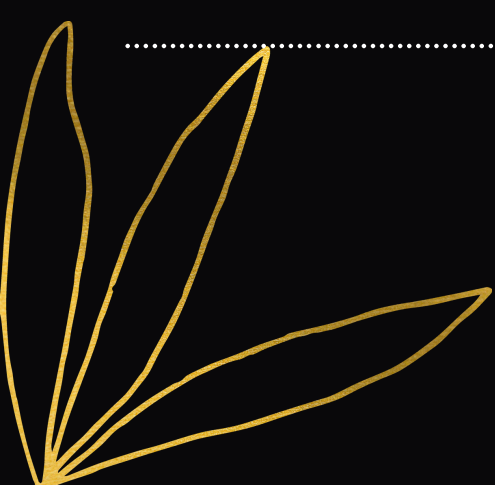
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Mr. Robert Taylor

Believe in God and always remember that pressure will burst a pipe.

**I can be angry one minute and forgive you the next.
You can not house pressure.
Turn it loose and let it go.**

Three ways to release the pressure:

Forgive

Love

Forget

**This may not be the right order, but somewhere down the line
you must take on these qualities to be resilient.**

Tap into the power of your resilience!



Resilience Reflections

*What ways have you found to relieve
pressure in your life?*



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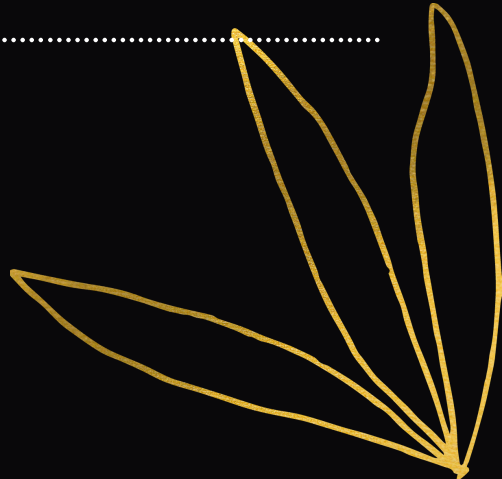
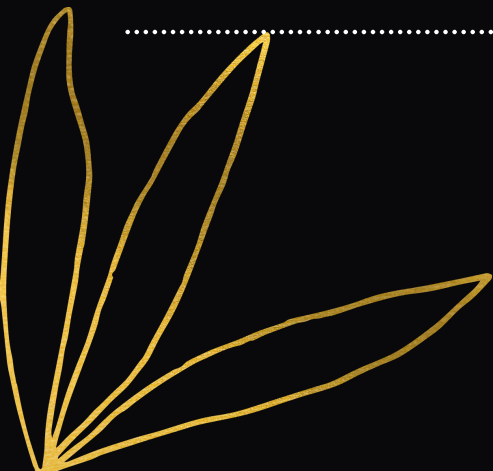
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Troy Carroll

Accepting that adversity will happen at some point in your journey, especially as you work towards your goal in becoming who you were meant to be, is different than expecting you might fail because of it.

No doesn't mean never. It just means not right now.

Life will always have the Adversity of the Obstacles. Know this.

Success will Always be Defined by the Strength of the Struggle. Believe this.

Never hesitate because it is hard to do. Embrace this.

Being decisive, resolute and resilient enough. Being brave enough, faithful enough, patient enough and strong enough to endure challenge as your dream unfolds is what makes it all worthwhile.

Trust me, at the end of it all you are worth it. Iron sharpens iron....

Tap into the power of your resilience!



Resilience Reflections

*How have you handled adversity in
past situations?*



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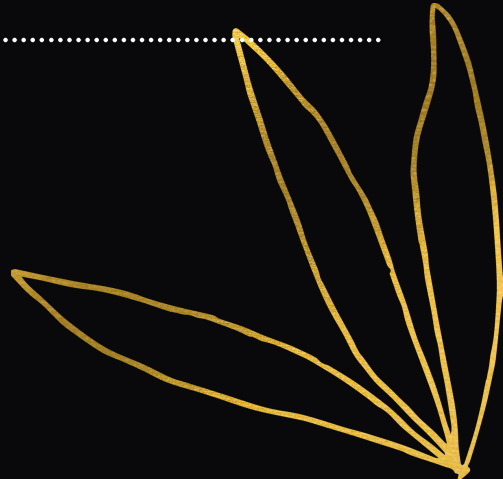
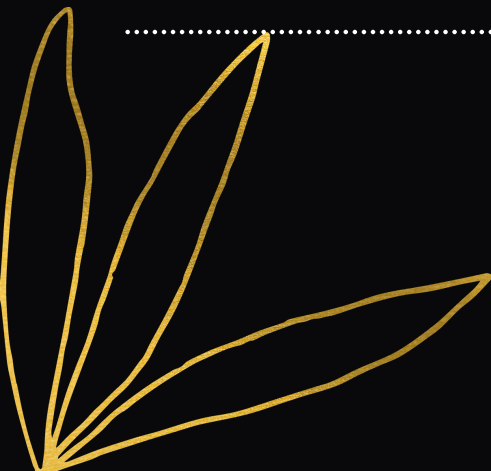
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Dr. Hari J. Drayton

Emotions play a vital role in our reactions.

When we are conscious of them, we can respond in a manner that will result in a favorable outcome.

When faced with disappointment, adversity, or other things that may affect our emotions, we should acknowledge those things. We must work through the things that negatively impact us.

We cannot let others control our emotions. When we allow people to control our feelings, they can potentially control our actions.

I am not suggesting that this is easy; it is certainly a learned skill, but once we learn coping skills to deal with our intensity, we will become happier and healthier.

Tap into the power of your resilience!



*What emotions have you allowed to
control your reactions?*



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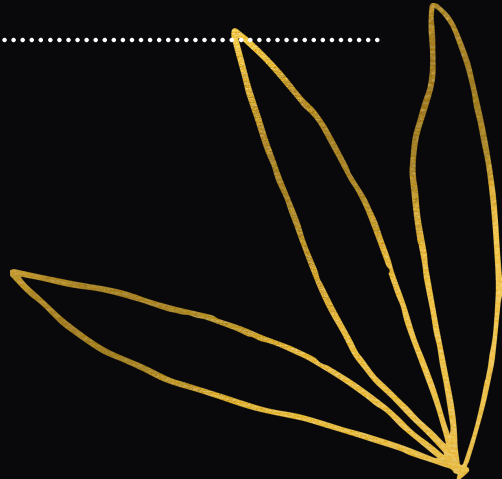
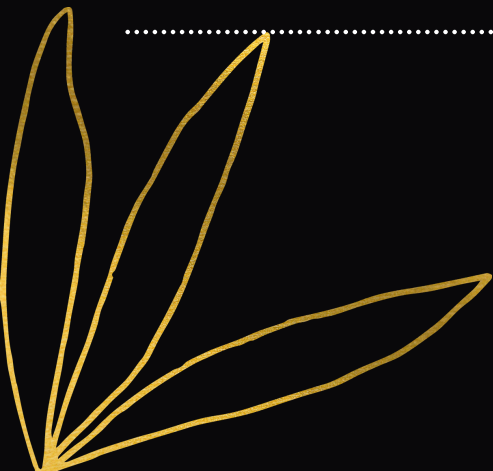
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Damien Wright

One thing about being resilient is not giving up.

When things do not go the way I want them to go, I do not give up, I try again.

If at first, you don't succeed get back up and try again. I can always try again. You can try again.

You must know that you are an overcomer and more than a conqueror. You are somebody! You have the tenacity to try again.

I want to announce to you if you fail or fall, get back up and try again and move forward in the destiny that God has ordained for you.

Tap into the power of your resilience!



Resilience Reflections

*What do you do when things don't go
the way you envisioned?*



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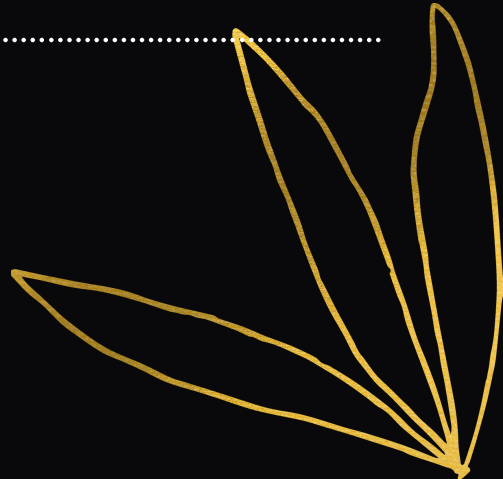
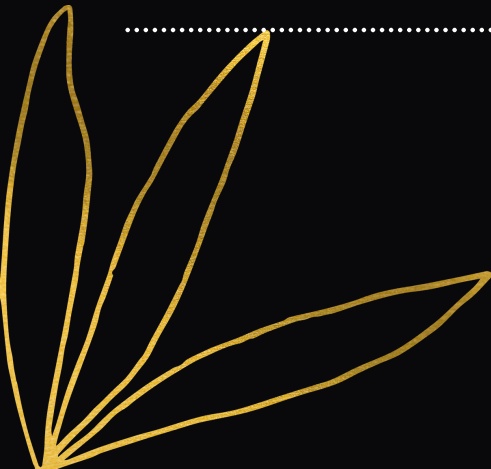
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Leonard Dungee

Have realistic expectations for yourself and others.

To have realistic expectations, you must deal with truth and reality... not perception and falsehoods.

You must know who YOU are.

Once you have achieved knowledge of self, you can set reachable goals.

As Denzel Washington stated, "Dreams without goals are just dreams and, ultimately, fuel disappointment."

This requires realistic patience and consistency with yourself and with others.

Tap into the power of your resilience!



Resilience Reflections

What kind of expectations do you have for your life and those around you?



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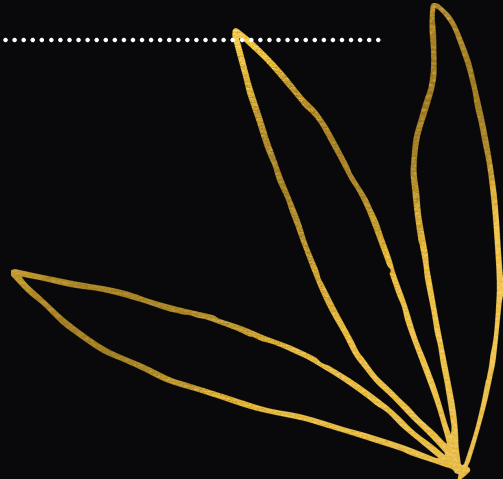
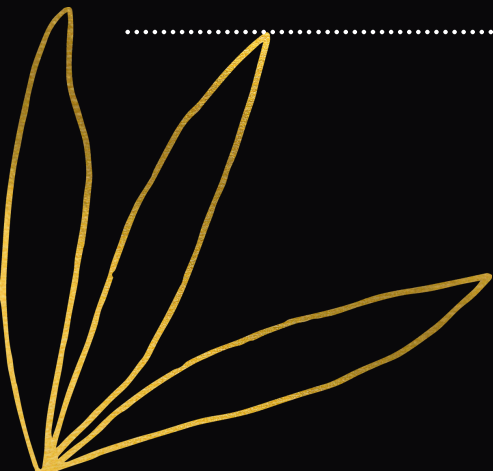
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Apostle Kevyl Warner

Step back

In life we go through things, but how we deal with our issues is the problem. So, the first step is to Step back. Do not deal with the situation head on because, more than likely, you are operating in your emotions.

Analyze the situation.

As you step back, look at your situation from an external point of view. *What does the situation say before I overreact? What will happen if I overreact?* Now this may seem crazy, but it must be done so that you don't make decisions based on your emotions.

Respond accordingly.

Respond based on who you are in God, not who you are in the flesh. Respond based on what God said, not what you think it should be. Life is not about what you think it is; it is about what you make it through the leading of the Holy Spirit with God at the helm.

Tap into the power of your resilience!



Resilience Reflections

What situations in your past have you overreacted to instead of analyzing first?



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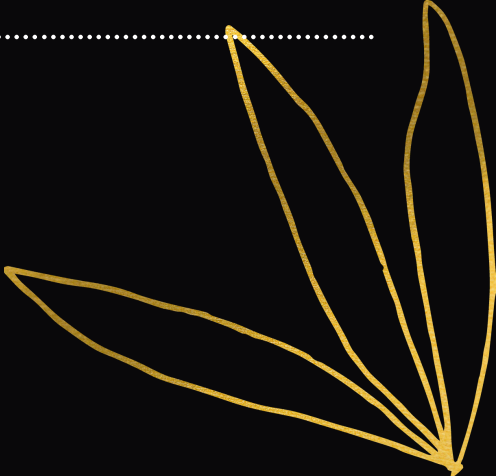
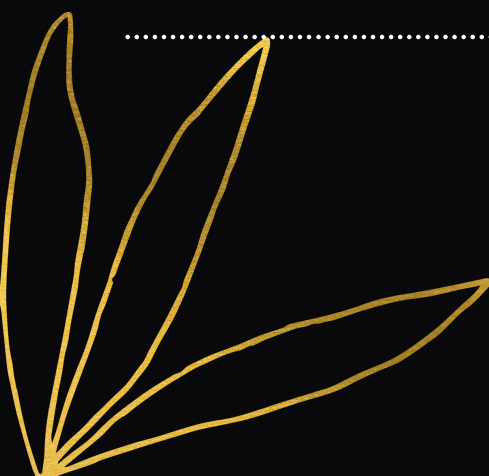
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J. Daniels

One strategy of being able to withstand or recover quickly from difficult conditions is understanding your ability to *create your now*.

When you understand your purpose, follow your passions and maximize your resources, you position yourself to be able to withstand and bounce back from any condition.

Understanding your purpose or reason for existence is a tool to make it through the best or roughest times in your life.

One must take a deep look within and understand the Word of God in order to find the reason for which they were created.

Knowing your purpose will help you make hard decisions on pathways you need to walk down.

Tap into the power of your resilience!



Resilience Reflections

*When was the last time you thought
about creating your now?*



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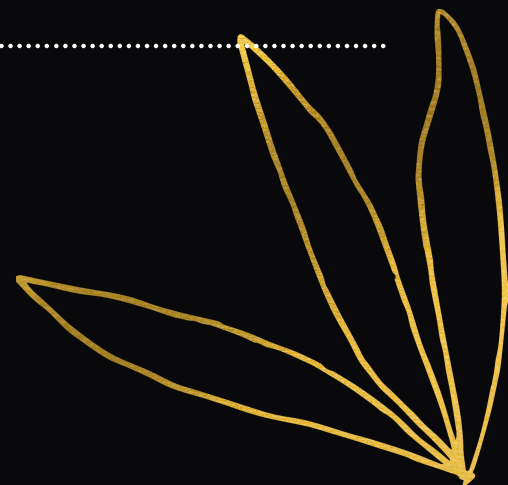
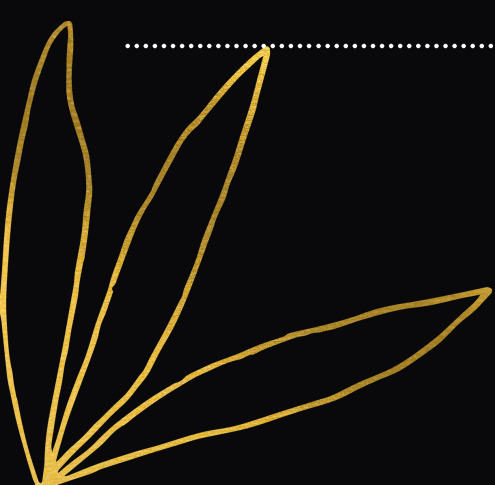
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William Brooks

Throughout this life, you will come in contact with many individuals. Some you may call associates and some you may even label, friends. Before you establish relationships and friends and allow anyone access to your life, you must pray.

God must be your FIRST friend.

The time we spend with God gives us the understanding of who we should allow close to us, and who we shouldn't. When we fail to have God as our FIRST friend, and allow people access to our inner most secrets, such as our hurts and pains, we risk these people using it as ammunition at later time. When we speak with God regarding our inner most hurts and secrets, HE will direct and guide us as to who we should trust and those that we shouldn't. Never wait for the world to hurt you in order for you to see the face of God. Seek Him FIRST and you won't have to cry out to him LATER....

Make God your FIRST friend.....HE knows who your TRUE friends are, when you DONT!

Tap into the power of your resilience!



Resilience Reflections

*When was the last time you assessed
the intentions of people in your life?*



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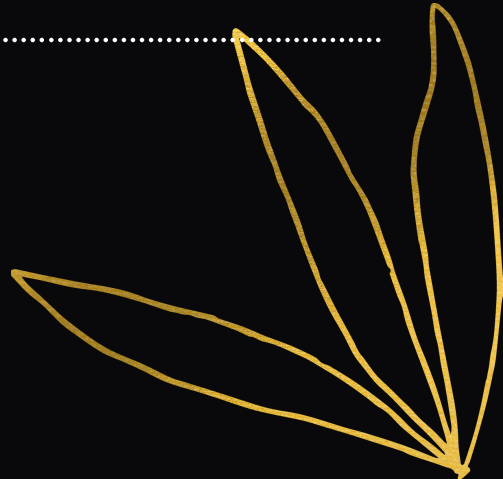
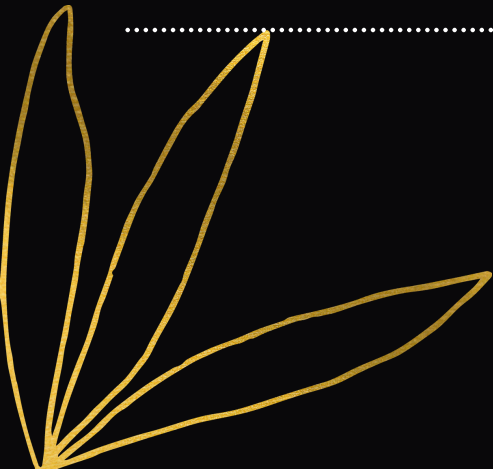
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Justin Ash

Praise and worship is an amazing strategy that I use to keep me resilient. As things become overwhelming or I understand that I have to handle this situation in a way that reflect who's I AM, and not who I want to be, I choose Praise and Worship! When I step out of myself and step into Praise, I allow myself to stop worrying and I enter into adoring (Adoration) God for who is.

The second step is Confession. I go to to my Father, in spirit and in truth. I confess my sins, my faults, and issues before Him. I give Him what He wants, wholeheartedly. He desires a broken spirit and heart that's repentant and ready for change.

The third step is Thanksgiving. I thank Him for all that's He's done, He's doing, and will do. As I begin to thank Him, it turns my heart from mumbling, grumbling, and complaining to a grateful heart. This opens me up to see that, in everything, I must give thanks.

Last step, I supplicate! I ask for His way to be my way, and His will to be my will for my life. I listen quietly for His instructions on how to deal with the situation, and once we are done, the strategies for remaining resilient have been revealed, and I go forth knowing what to do, how to do it, and when to let God happen.

Tap into the power of your resilience!



Resilience Reflections

*How often do you tap into the power
of your Higher Power?*



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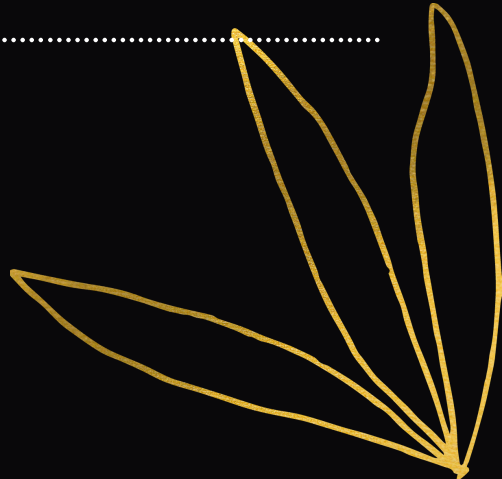
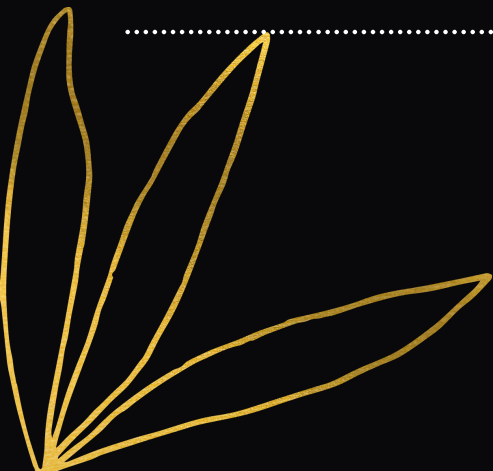
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Coming
Fall 2020

I AM RESILIENT

BLACK MEN: MY TRUTH, MY LEGACY



TAVIS TAYLOR