



FINDING YOUR BOUNCE
AFTER HARDSHIP.
**JOLTING LIFE BACK INTO
YOUR DAYS.**

Kelly Buckley

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— AUTHOR, SPEAKER, TEACHER OF GRATITUDE AND RESILIENCE —

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Hello my friends,

I can't thank you enough for joining the conversation about finding your resilient and grateful life. I know if you find yourself here, it is because of a story.

Your story.

I feel we have connected because something in my journey has resonated with yours.

I am so thankful we found each other. You see, the discovery that we are not alone is one of the keys to living a resilient life. Finding a community that we can learn from, teach, and simply feel heard is a fundamental part of healing after loss.

The following pages are just a brief look at the approach I use in my daily life to find gratitude and in turn resilience, even though life can sometimes be tough. Once you read this brief introduction, please feel free to review some [further writings on my website](#).

It is important to know that I did not always live life this way; I started to focus on thankfulness for the little things as a way to survive after the loss of my 23 year old son Stephen on July 4, 2009.

I describe that period of my life as groundless. I frantically tapped my foot around looking for the rug that had been pulled from beneath me, only to find that the floor was missing too. The pain was so great in my life; I felt like I was standing on the edge of an abyss, knowing if I let myself slip off, I would not find my way back.

So, I started to document "Just one little things." I could barely breathe, but I was thankful for a butterfly, hugs from my son, an old picture, or the kindness of a neighbor.

Since that time, I have dedicated my life to helping others find their resilient self through gratitude. My approach to living doesn't change the pains of loss. But I believe it alleviates some of the suffering we experience when we lose our perspective on the balance of life. I believe that I have discovered some important truths that can help you, and I am offering you a place of peace to discover those truths within you.

I am humbled that you have decided to walk with me on this journey. Let's have a conversation. We are here to comfort one another, learn from each other and truly discover that unchangeable resilient self that exists within all of us.

Once again, thank you for joining us on this walk. It's so nice to make a new friend.

With love and peace,

Kelly



JOLT #1: YOU'RE ALREADY THERE

I know it may not seem like it right now, but you are already there. You are the resilient, grateful and joyful person you dream of. It is not an illusion.

I believe that deep within us there is an unstoppable core. It is fueled by love, and it is unchanging. During difficult periods of our life, it can sometimes be difficult to feel it. But it is as much a part of you as your internal organs, your beating beautiful heart. It is unchangeable, even when you are not living a life that is aligned with your truth. It is always there, waiting for you to awaken it by living a life that is open and focused on love. Affirm to yourself daily,

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I have within me the strength to survive and thrive in any difficulty.
I am surrounded by love and willingly accept it into my life.

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JOLT #2: SITTING WITH IT

We live in a text message, Snap Chat, microwaveable instant kind of world. We have conditioned ourselves to expect instant gratification, immediate healing, and satisfaction without sacrifice. I have often imagined our ancestors spending a day in this world of ours. I am sure they would shake their head with confusion as to why we are so darn afraid of struggles. I believe they would tell us not to fear the hardship, but allow it to be our teacher.

Look at nature as an example of the balance of life. Realize that heartache and loss is as much a part of life as birth. Don't fight it. Don't fear it. It is as unchangeable as gravity. Sit with it, open your heart and mind and allow it to teach and guide you. Don't be afraid to give yourself time to grieve. Don't be afraid to approach your grief differently. Maybe you look for one little thing each day to be thankful for as I did. Maybe you journal or garden, or volunteer. As you sit with your pain, ask yourself how you can channel it to help another. Affirm,

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My heart is open and I am learning from what has happened in my life. Working through my emotions heals me and prepares me to heal others.

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JOLT #3:

AFFIRMING AND ALIGNING

Before any change in your life can truly happen, you need to decide and commit. You may not be 100% positive it is going to work; you may be afraid or have doubts. That's normal. But you need to decide to try. You need to look at your options and alternatives and choose joy. Choose gratitude, peace and acceptance. And that's just for today. And tomorrow, when the alarm rings, you need to choose again. Each day, you will wake up, say good morning to the world, and choose to live a life of gratitude. Some days will be a breeze. Some days will not. But each day, you will choose joy, knowing that the alternative is not why you were put here on earth.

Sounds fluffy right? It kind of is, until you make it your way of life. So, set aside some time each day, focus your thoughts, and decide again to live a life of gratitude.

Surround yourself with positive reminders; vision boards, books, flowers, pictures or quotes. Listen to audiobooks, have tea with a positive person in your life, tell your JOLT family what you are grateful for today and every day. Align yourself with the people and information that supports your path towards a grateful and resilient life. Let go of anything that does not. Affirm,

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I am connected to the roots of my resilience. I am thankful for all the good around me and use those blessings to help me work through any hardships. I see life's balance and understand that life is surrounding me with love.

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Three JOLTS to get you started on your path towards resilience. Use the affirmations daily to remind yourself that you are capable and courageous and ready to find joy again, even though life has changed. Cut them out and put them on your mirror. This is our beginning. Check back and read more on [my website](#) to learn more about building resilience through gratitude for the simple things in life.

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