Understanding Antifragility

Let's explore the concept of antifragility, going beyond resilience to understand how challenges can make us stronger.



1

Fragile Defined

Fragility means being easily hurt and weakened by challenges. The proper response is usually avoidance to prevent damage.

2

Unbreakable State

Being unbreakable means remaining unaffected by challenges, like a child's sippy cup. You are ten foot tall and bulletproof.





3

Resilient Response

Resilience involves bouncing back to the original state after being hurt. You get knocked down, but you get back up.

4

Antifragile Attitude

Antifragility is about growing stronger from challenges, adopting a 'bring it on' attitude. You emerge better than before.



Embracing Growth

By understanding these distinctions, we can shift our perspective to embrace challenges and emerge stronger and more capable.

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