Ladies and gentlemen,

Today, I want to talk about a powerful quality that lies within each of us: resilience. Imagine standing at the base of a mountain, looking up at the peak covered in clouds. The path is steep, riddled with obstacles, and uncertain. Yet, it's not the obstacles that define our journey, but how we rise above them.

Resilience is that inner strength that pushes us forward, step by step, no matter how daunting the climb. It's the determination to rise after a fall, to find light in the darkest times, and to believe in ourselves even when the world doubts.

Think of a seed that grows into a majestic tree. It doesn't happen overnight. It endures storms, harsh winds, and tough soil. But it continues to grow, reaching for the sky. We too have that potential to grow, to emerge stronger with every challenge we face.

Let us embrace our resilience with open hearts. When life throws obstacles our way, let's remember that we have the power to overcome them. Believe in your strength, trust in your journey, and know that every step forward, no matter how small, brings you closer to your goals. Thank you.