



Hello,

Today is your final day of the challenge and a celebration of your commitment to growth.

"In the midst of movement and chaos, keep stillness inside of you." — **Deepak Chopra**

Today's Activity

Write a personal commitment statement:

How will you continue to build resilience in your life and community?

Explore This Resource

RAND Corporation — [Community Resilience Topics](#)

Reflection Question

What did you learn over the past 21 days — and how will you use it?

Local Focus

Stay engaged with United Way of Forsyth County's initiatives in education, economic mobility, and wellbeing.

Join Us Today

Join us **IN-PERSON** for United Way of Forsyth County's 21-Day Resilience Challenge culminating panel event—*Resilience in Leadership: Women Who Lead Through the Storm*.

Click here to register for: [Resilience in Leadership: Women Who Lead Through the Storm](#)

Event details:

Friday Feb 27, 2026, 11:30 a.m. to 1:00 p.m.

Forsyth County Annex 1 Auditorium,

725 Highland Avenue, Winston Salem, NC 27105

You've done something meaningful , thank you for taking this journey.

Warmly,

United Way of Forsyth County

GIVE