

Making Life's Biggest Challenges, Our Greatest Opportunities



GUIDE FOR EMBRACING ADVERSITY

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Embracing Adversity

A Guide to Help Identify, Understand, and Embrace the Adversity in Your Life

In our lives, there have been (and will be), periods in which life knocks us down. In these moments, we have a unique ability to embrace the adversity we face, and to use it as the foundation from which to create our greatest opportunities.

Instead of running away from life's biggest challenges out of fear, or running full speed ahead without reservations, we are better served for embracing adversity in the moment. In doing so, we can better manage future adverse events because we have developed a system for the process.

Whether you lost your job, had a loved one pass away, struggle with addiction, fight a disease, or are doubting any aspect of your life, this guide is for you. No issue is too small, and no matter is irrelevant. What's important is that you face the mountain in front of you knowing that you will reach the top – and it will be worth it!



What You Will Identify and Learn:

1. You will identify the root cause of what has caused the adversity in your life, and you will learn a five-step process to embracing the hardship.
2. You will identify the vision for what you would like to accomplish, and you will learn strategies for developing a vision.
3. You will identify your 'here', and you will learn how to arrive at your 'there'.
4. You will identify the key relationships in your life, and you will learn how to leverage those people.
5. You will identify the skills, hobbies, activities, etc., and anything else that has required your patience, and you will learn methods for incorporating those into the process.
6. You will identify how to recognize the small victories, and you will learn how to use them as the catalyst to continue on your journey.

Are you ready to work through this? Now is the time to make your life's biggest challenges, your greatest opportunities.

Before you begin, read these quotes. Let them serve as a reminder of two concepts:

1. How prosperous your life can be as a result of embracing adversity
2. The fact that you deserve so much more than where you stand today.

“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.” -Winston Churchill

“Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.” -Napoleon Hill

Now, grab yourself a cup of coffee, tea, or whatever gets your thinking mojo going and find a quiet area to take a seat. Leave your phone and other personal devices in the other room. Then, spend the next 45-60 minutes diving into the questions. Answer honestly and without reservations because right now it's only you, the paper, and your pen. No judgment is being passed. However, you are beginning to build the framework for embracing and managing the adversity in your life. Focus. Focus. Focus. Go!

4. In the midst of it all, did I quit or ever think about quitting? What was the final straw? If I didn't, then explain what helped you keep going.

5. Did I genuinely and honestly do everything in my power to see the positive opportunity in the midst of the adversity? Explain, yes or no.

6. What was the end result of this life challenge? How long did it take work through until I felt 'better'? Describe your thoughts, feelings, and emotions at the time.

7. If I had to do it all over again, what would I do differently? What did I learn?

8. Would this same adversity be easier next time, and what would or wouldn't be the reason(s)?

9. Is there anything from the experience that I would share with others in regards to the adversity they are facing? If there was one piece of advice, what would it be? Be honest, anything goes!

Whew... that was a lot. Hang in there because you've made it through the hard part. It isn't always easy to revisit our past, especially when the experience may have been challenging, and possibly even left you feeling defeated. But, it's important to remember that your past **DOESN'T DEFINE YOU**. Say it out loud:

"My past doesn't define me!"

Rather, your past is a series of experiences that help you to define the person you **WANT TO BECOME**. Say it out loud:

"My past has happened in order to help me define the person I want to become!"

In the event that you can see the bottom of your coffee mug, now is a good time to grab a quick refill and use the restroom before moving onto the next section. While you're doing that, I'll leave you with one question to ponder on.

"In the midst of the adversity that I am facing today, what opportunities are possible?"

In My Life Today...

1. What opportunities do I perceive to be present, or possible, when I am facing adversity? It's time to find out how much thought you put into the last question!

2. What caused the adversity that I am facing today? Could it have been prevented?

3. If I choose to run from it, what long term effects will it have on my life?

4. If I choose to run towards it, what are the chances that I will EFFECTIVELY embrace and manage the adversity?

5. If I choose to embrace the adversity, do I have a process or system in place for working through this challenge? If I don't, then what is my expectation? If I do, then what is my 'plan'?

6. In order to embrace the adversity and work through it, how does my life need to change? What needs to be different? What needs to happen?

7. On a scale of 1-10 – one being least confident and ten being most confident – how confident am I in my OWN abilities to make the most of this adverse situation? Explain your answer.

8. In a perfect world, what would it take for me to ‘climb this mountain’ and make it to the other side? When I get to the other side, what will it look like?

9. When I feel that I have embraced this challenge and worked through it, will I be satisfied with the journey in getting there?

Okay, I have to hand it to you. That required quite a bit of thought process, reflection, and vulnerability to be able to answer all of those questions honestly – and thoroughly! I agree, thinking about facing adversity can be painstaking, overwhelming, and stressful. BUT, this is your opportunity to be vulnerable – to remove the reliance on your own self – and to place your efforts and energies into a process.

“Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.”
— Brené Brown

By using an effective, and proven, method for embracing and working through adversity, you, too have the ability to own your own story. You can set the tone. You can write the script. And, you can write the ending. Want to know how? Join me for one of my webinars that discusses the 5 SIMPLE steps for embracing adversity. It’s your time to take control and make your life’s biggest challenges, your greatest opportunities.

Unsure if the webinar is the best, and right, next step? Answer the following questions by circling ‘yes’ or ‘no’.

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| 1. Do I have a clear vision for where I want to be as a result of embracing adversity? | Yes | No |
| 2. Do I have a genuine desire to want to improve my life as it is today? | Yes | No |
| 3. Do I have the courage to ask others for help? | Yes | No |
| 4. Do I have a timeframe for working through adverse events? | Yes | No |
| 5. Do I have a plan for keeping the momentum going when it gets hard? | Yes | No |

If you answered ‘no’ to any of these questions, then this webinar is for you!

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