

Personal Reflection Exercises...

I stand strong in the face of adversity.



I stand strong in the face of adversity.

I know that adversity is a natural part of life. Just as a rose garden has thorns or the miracle of birth is beset with pain, the journey of life, no matter how wonderful it may be, has its share of hardship.

In fact, I would not know joy if I didn't have adversity as a comparison. So I accept that I must encounter adversity from time to time and let go of the desire to fight against it.

When adversity strikes, rather than worrying about things I cannot change, I take action to do what I can to make the situation better. ***My action-oriented mindset is like a shield that protects me and makes me stronger.*** As long as I am taking action, I have no time to sit around and worry about the "what ifs."

Another technique that gets me through the hard times is to remind myself that "this, too, shall pass." ***I know that better times are around the corner*** and I look forward to welcoming them back into my life.

My *determined focus* is another tool that enables me to be strong. Many times ***I simply shift my focus to something else in my life*** other than the moment of strife. It's like changing the subject in a conversation. Since I am not enjoying the current subject, I change it for the time being to something more pleasing.

Today, my focus is on the positive aspects of my life. With my handy tools and techniques, I am confident that I can maintain my strength through any adversity that may come my way.

Self-Reflection Questions:

1. What is my attitude about adversity?
2. How much time do I spend worrying when I'm having hard times?
3. Am I currently facing an adversity?
What action can I take today to improve my situation?