How To Overcome Challenges





- [ ] Evaluate the challenge you're facing
- [ ] Expect the best of the situation
- [ ] Remove negative thoughts
- [ ] Use only positive, encouraging self-talk
- [ ] Believe in yourself
- [ ] Look for the silver lining
- [ ] Avoid wasting time worrying
- [ ] Remind yourself of previous challenges you've overcome
- [ ] Find a mentor and take advantage of their experience with the same challenges
- [ ] Use readily available resources, such as books, magazines, and the Internet to research
- [ ] Ask friends and family how they overcame similar challenges
- [ ] Decide your plan of action
- [ ] Write your plan down
- [ ] Follow through with each step of your plan
- [ ] Learn from the positive and negative aspects of overcoming this challenge
- [ ] Remember what steps you took to overcome this challenge
- [ ] Apply what you've learned to other challenges

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