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Subject: How to Grow Through ADVERSITY
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Dynamic Leader

Newsletter

How to *Grow* Through ADVERSITY

"Remind thyself, in the darkest moments, that every failure is only a step toward success, every detection of what is false directs you toward what is true, every trial exhausts some tempting form of error, and every adversity will only hide, for a time, your path to peace and fulfillment." - **Og Mandino**

How You React or Respond to Adversity Defines Who You Become

Facing adversity is a natural part of life. Many people ***respond*** and rise to the challenge, others ***react*** and continue to live with whatever is confronting them. As Horace, a roman poet states, "Adversity has the effect of eliciting talents which in prosperous circumstances, would have lain dormant." These words describe the growth people experience when they respond, not react, when faced with adversity in their life. Without adversity and challenges that test your abilities, you can never know the limits of your abilities. Below are tips to help you grow through adversity:

1. Remember that no matter how good or bad things are, they can and will get better.

2. Believe in yourself, if you don't believe in you, then why should others believe in you.

3. Never, EVER, EVER give up!

4. You only have one life, so make it the best life you can.

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5. If you are folding under stress and struggling with life. Seek help from a person you trust.

6. To grow through your adversity, you need something to hold onto, something to motivate you, something to inspire you.

7. Be persistent and resilient, when you are tired and feel you cannot go on, reach deep inside and press on.

8. Success in life is not a destination, it is a journey.

What doesn't kill you will make you stronger. If everything was easy in life, would you really appreciate the wins and victories? Welcome adversity and learn and grow from it.

Complete List of clients, training, speaking topics, and coaching services, video demo, testimonials, and references are available at http://leadershipdynamicsllc.com.

Stress - The Keys to Flourishing in Times of Challenge and Change (NEW)



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