

Overcoming Challenges

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Challenges are here to serve us to make us grow even if we come through it kicking and screaming! They are here in service of us, even if it doesn't feel like it at the time.

Often our best lessons come through our most challenging experiences. Take a moment to think back through your life to some of the toughest times. *What did you learn? How did it shape and change you? Who are you because of it, not in spite of it?*

Challenges are gifts that force us to search for a new centre of gravity. Don't fight them.. Just find a new way to stand..

- Oprah Winfrey

The quicker you accept this as a part of your human experience, the sooner you will see your challenges as learning experiences and the faster you will find ease.

Overcoming challenges isn't simple or easy, but it is possible. Finding You the journal includes a more in depth process for challenges but here is the start of how you can begin to overcome a challenge.

Take a deep breath, set the intention to be honest with yourself, be brave and then work through the following steps.

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1. Take some time to sit quietly and think about a challenge you have been through in your life. *E.g My biological father abandoned me.*

2. Write down the essence of your charged challenge. It is important to be specific and really get clear on the particular part of the challenge which causes you the most pain. *E.g I assume that because my own blood doesn't want me, no one will.*

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3. Think about what particular fear is present for you here. *E.g Not being good enough and fear of rejection.*

Fear is absolutely normal. This is about becoming conscious of our fears so that we aren't run by them. Take a moment to reflect on the moments of joy in your life.

4. What did you learn from the challenge? What positive traits do you have because of your challenge. *E.g I learnt that I need a lot of reassurance and because of this, I am loving and thoughtful to those around me.*

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5. Write down 20 reasons why this challenge has been a gift to you. *E.g. I am compassionate and a great friend.*

*Remember we cannot change our circumstances,
but we can always change how we see them.*

Sometimes our fears have many layers or are too scary to face so dig deep, be honest with yourself and make sure you get to the essence of your life. Seek professional help if you are struggling with this. These are big exercises and getting a coach or therapist can really help to heal old and current wounds.