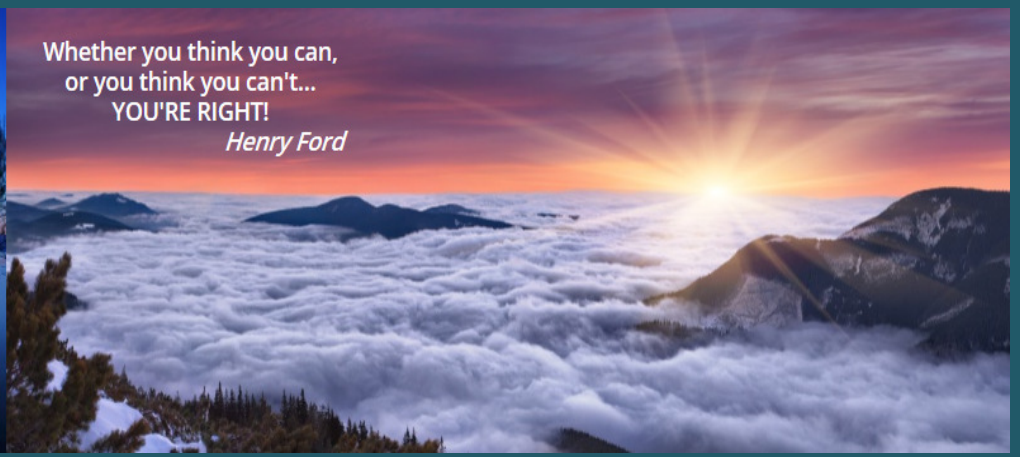


Whether you think you can,  
or you think you can't...  
**YOU'RE RIGHT!**  
*Henry Ford*



## How To Tackle Any Challenge

We all face challenges from time to time and depending on how you choose to look at the event, it can either be a learning experience or a an experience that gets you down and takes you two steps back.

You will always face challenges at different times in your life and depending on your age and circumstances, they can become more intense.

The best way to look at a challenge is to sit down quietly, look at what you are facing as if it was happening to someone else (in other words observe yourself) then ask yourself this question...

*What is this event trying to teach me? What can I learn from it?*

**YOU ARE POWERFUL  
BEYOND BELIEF.  
BELIEVE IN YOURSELF  
AND THE IMPOSSIBLE  
BECOMES A WORD  
USED ONLY BY NON-  
BELIEVERS.**

DAVID CUSCHIERI

You see, the moment you ask yourself those questions you start to analyze the challenge from a different view point. You start seeking for the positive side of this even (the learning experience).

Every challenge we are faced with is either a result of choices we made in the past or it is preparing us for what make come in the future.

If it is from a choice/s you made in the past, don't beat yourself up about it because you cannot change what is in the past. Rather look for the learning in this event and work out how you can make a different choice the next time you are faced with a similar challenge.

If it is not due to any choice/s you made in the past, look for what this challenge is trying to teach you. If it is not immediately evident, then park it for another day. Have you ever been in a conversation where you tried to remember someone's name but couldn't and the moment the conversation changes, you all of a sudden remember? Well the same concept applies to challenges. If you do not have the answer right away, give it time.

It could take hours, weeks, months or even years sometimes but resign yourself to the fact that the reason will come to you when it is meant to. Deal with the challenge head on and in time the why or what will come to you.

*"If you think you can or you think you can't...you are right"* **Henry Ford.**

You need to believe and trust in yourself that the answers will come when the time is right. As long as you keep asking the questions, the answers will come.

Become the person that treats challenges as growing experiences rather than the person that allows challenges to destroy them or stop them in their tracks. You will never be given a challenge you cannot manage. If you ask the questions, sit silently and be patient.....you will get the answers.

The answer may not be what you wanted or expected but accept it as the answer and move on. Do not ponder and waste your time trying to change something you cannot change. Rather spend time changing how you react to it. That is where you have the power.

People who are successful are not that way because they do not have any challenges. The only people who do not have challenges are those who have moved on. The difference is that the people who are successful have chosen how they react to and perceive their circumstances.

Practicing awareness of what you think and say allows you to identify what thoughts you need to reprogram.

Don't become a victim of your circumstances but rather chose to celebrate what you have learnt from the challenges you have faced and conquered. Choose to accept every circumstance as a learning experience.

We learn something new every day. You have heard that before right? So why do we find it difficult to learn from challenges. I put it to you that the main reason is because of the word we attached to it.

We choose to call it a problem. I have so many problems to face is normal to hear people saying. I am certain that if you chose to use the word "challenge", you would face it from a different angle.

We all enjoy a good challenge so why now when you are faced with one, you choose to see it as a problem?

You can once again use affirmations to assist you in this part of life. If you have difficulties dealing with challenges then try something like...

*I am strong, confident and ready to face any challenge that comes my way because I know that with time and patience I can overcome them.*

*"Things do not change, we change"* **Henry David Thoreau**

*"The meeting of preparation with opportunity generates the offspring we call luck"* **Anthony Robbins**

