

MODULE 1: OVERCOMING OBSTACLES

Lesson 1: Introduction

Welcome to the course! Congratulations on making the choice to move past your challenges and setbacks and create the life you desire! In this course, you'll find tricks, tools, and techniques to make you a formidable force against any obstacle that tries to stop you from reaching your goals.

You'll learn how to overcome fears and failures. You'll discover proven strategies to get through hopeless circumstances. And you'll find out how to maintain your enthusiasm for your goals – despite adversity – until you achieve what you set out to do.

At the end of the course, you get to put your lessons to work on your own challenges as you write your own success story – a detailed vision of you in the future, living the life you've always dreamed of!

Each of the 20 lessons contains important action tips to help you learn and use these valuable strategies. Be sure to go through all of the lessons with an open mind and try out the techniques. Remember – nothing happens until you take action!

Within each lesson, you'll also see an Additional Resources box. Be sure to check this box to find the surprises inside.

This box contains extra resources to help you learn the techniques. You might find an article, affirmation, reflection, action guide, or workbook. Sometimes you'll even find a motivational graphic you can use for your computer wallpaper or print out and post where it can encourage and uplift you every day.

Enjoy the course!



Viviana Puella



Here's what you need to do today:

Check your Additional Resources box for this lesson and take advantage of these preliminary materials to get started on overcoming the obstacles you're struggling with right now.

- Print them out.
- Post the inspirational graphic where it can inspire you each day.
- Keep the affirmations/reflections handy and read them out loud a couple of times today. Start building a habit of repeating positive affirmations several times each day and whenever you need some reassurance.

See you on the inside... Stay inspired!

MODULE 1: OVERCOMING OBSTACLES

Lesson 2: Achieve Your Goals Regardless Of Obstacles

You can be sure that life will at times be a twisting path of “potholes” around which you must navigate. You’ve likely been through phases of your life already where you wondered if your luck would ever change. Then, things calmed down and you discovered the smoother, straighter road.

Regardless of where your journey leads, it’s important to be able to continue making progress to meet the goals you’ve established for yourself. Through the tough times, staying focused on what you want in life will keep your spirits high and bring you joy.

The key, then, to a fulfilled life is to achieve your goals no matter what. This lesson gives you five strategies that you can always use to keep obstacles from stopping you.

Try these tips to continue going for your goals even when life’s road gets rough:

Know exactly what you’re after in life. What do you want your life to be like? When you’re sure, you can then plan your activities over the short and long term to help you achieve your goals.

Keep your list of life goals short and to the point. Some good examples of life goals are: “Save 25% of my yearly earnings for kids’ education, vacations and retirement,” “Take budget-friendly vacations out of the country every 5 years,” and “Retire when I’m 67.”

Infuse elements of achieving your goals into your everyday life. Let’s say one of your goals, a trip out of the country, will be to Australia 3 years from now. Have a couple of books about Australia laying around the house, on your coffee table and nightstand. Listen to music from Australia on your MP3. Watch television shows about Aussie land.

Have reminders and tasks to do that are related to meeting your life goals throughout your home. Make your life goals part of your everyday life so that even when times get bumpy, you’ll be able to keep your eyes on what’s really important to you.

Talk positively to yourself. It can be quite helpful to use positive self-talk. When you do, you'll be more likely to keep working toward your goals in life. Say something like, "I'm in a rough patch but I will still keep saving for my retirement and my kids' educations."

Other examples of positive self-talk are "I can get through this challenging phase just like I did before," "As long as I keep moving forward, things will be okay," and "Life has in store many more wonderful adventures for me."

Using positive self-talk will keep your spirits buoyed when you feel like you're floundering in choppy waters.

Reflect on your efforts in order to reinforce them. Even though you may be struggling, think about what you accomplished just this week to achieve your goals. Maybe you made a couple of phone calls, explored the internet to gather information, or drew up a new budget to ensure you're on target for saving for your life goals.

The fact is you did something. And recognizing that will reinforce your efforts in your quest to achieve your goals. You can excel in times of great challenge.

Keep working toward accomplishing your goals even though life throws out more than a few obstacles at you. Know what you're after and stay focused. Make your life goals a part of your daily life and use positive self-talk. Acknowledge what you've done to keep moving forward.

Apply these strategies to help you consistently work to meet your life goals. If you do, you'll accomplish whatever you want, no matter what.

If you know the most common obstacles and how to overcome them, you'll have a huge advantage in the game of life. You can look forward to receiving that information in the next lesson.

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Here's what you need to do today:

Notice what you say to yourself.

For one day, notice the types of things you say to yourself.

How much of it is negative? How do you think this negative self-talk influences your attitude and results? How does it affect your ability to overcome life's obstacles?

Keep it up! Write it down before Friday and upload it to get your ten points of the week. I don't have time to write, it's all good. What's important here is that you follow through.

Stay inspired!

MODULE 1: OVERCOMING OBSTACLES

Lesson 3: 7 Common Obstacles To Your Goals And How To Navigate Them

In the last lesson, you learned how to overcome obstacles with a variety of strategies. This is a crucial skill to learn, as there are obstacles throughout life. They're unavoidable. This lesson takes the next step and lists the most common obstacles you're likely to face. If you know what might be in your future, you can be prepared.

Having goals will help you achieve the life of your dreams. Some of life's most satisfying experiences are those that involve staying focused on a goal until you achieve it. Yet you'll likely experience times when, no matter how hard you try, you're stymied by obstacles blocking the way.

Obstacles come in all shapes and sizes. Here are some typical blocks to goal achievement:

1. **Lack of creativity.** You might have your own struggles determining how to best work toward attaining what you want. Perhaps you've run out of ideas to make it happen.
2. **Negative thinking.** We've all been plagued by negative thinking. You feel you're just not going to be able to achieve your dreams. Negative thinking is a potent block, because once it begins, it tends to escalate and can become a self-fulfilling prophecy.
3. **Lagging confidence.** Following closely on the heels of negative thinking, sagging confidence is the bane of goal achievement. You begin to seriously question your skills and abilities to complete the work required to reach your goal.
4. **Focus follies.** Who among us can claim we've never lost our way on the path toward our dream life? We want to reach that milestone but we keep getting thwarted by distractions. How can you work on an important project when your wife keeps asking you why you aren't painting the house or spending time with the kids?

5. **Refusing to put in effort.** It goes without saying that every goal requires you to work and persevere to reach success.
6. **Time traps.** Making your way toward goals is challenging enough without having the irritation of not enough time to do it.
7. **Vague aspirations.** If you're unsure about what you really want, it's a challenge to continue steadily toward your goals. Vague aspirations equal unmet goals.

NAVIGATING OBSTACLES

Now that you have a good idea of blocks you might encounter on your way to goal achievement, use these tips to overcome them:

1. **Take responsibility to keep creativity going.** Draw pictures of what you hope to achieve. Make a storyboard of your plan of action. Design a vision board of what your goal pathway looks like and include how your life will differ after achieving your goal.
2. **Arrest negative thoughts.** As soon as they creep in, think, "Stop it now" and mean it. Then, replace that negativity with an "I will persevere and achieve" message. Tell yourself, "I can do it."
3. **Review past achievements.** Give yourself props for goals you've achieved before. What were those goals? Use these reminder techniques to find and connect with your confidence.
4. **Commit to goals.** Remind yourself daily about why you want to reach a particular goal. Perhaps you'll earn more money, get a better job, live in a place you prefer, or protect your family's future. Stay the course by re-committing to goals each morning.
5. **Work.** Along with committing wholeheartedly to goals, you've got to put in the work. Tell yourself your effort will, in the end, be worth it.
6. **Use your schedule.** No matter what your goal, consistently schedule the time to work toward it. If you don't keep a calendar now, start. Look at your entire week or month and what's scheduled with a quick glance. Write in when you'll work toward goals.

Maybe it will be Tuesday evenings from 7:30 p.m. to 9:00 p.m. or Saturday mornings from 8:30 a.m. to 10:30 a.m. Follow your schedule consistently.

7. **Clarify goals.** Write them and place copies everywhere inside your house, briefcase, and calendar. When you're sure about what you want, then you can diligently work toward those goals.

There will be obstacles to block the pathways toward your goals. But if you can identify the sources of the blocks, you can develop solutions or use these time- tested strategies to navigate those obstacles and claim your success.

Our upcoming lesson takes a look at fear and the problems that fear creates. You'll learn that you don't have very many obstacles left in life if you can successfully manage your fears.

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Here's what you need to do today:

- Choose three of the common obstacles in this lesson.
- Make a list of examples from your own life where you faced those same obstacles.
- How could you use the tools in the Navigating Obstacles section to have overcome or avoided those obstacles?

Write it down your responses and upload them before Friday to get your ten points of the week. And as you know, if you don't have time to write, it's all good. What's important here is that you follow through.

Stay inspired!

Rising Above. Overcoming Obstacles. Build Grit, Resilience and Mental Toughness.

MODULE 1: OVERCOMING OBSTACLES

Lesson 4: Remove Fear

Remove Fear and Eliminate Many of Your Challenges

It's unlikely you have any issues in your life that weren't created by fear. You might not think that your financial or relationship challenges are rooted in fear. However, if you're honest with yourself, you'll probably realize that many of your obstacles are caused by your fears and your inability to deal with them in an appropriate way.

Consider these examples:

Relationship issues. Fear of abandonment is a common fear. It's also common to fear the loss of autonomy or freedom. Trust issues can also be fear-based. You might be afraid that you won't be accepted fully.

Money issues. Many people deal with fear and anxiety by shopping, which can create debt. Some simply fear discomfort and are unable to let go of that expensive car or morning coffee.

Procrastination. Procrastination can be caused by fear of failure or the perceived discomfort of performing an unpleasant task.

For example, you might fear you're missing out on something exciting and check your email instead of working.

Stuck in a job you dislike. You might be afraid that no other decent jobs exist for you. You might be fearful of giving up your benefits or getting a new job that pays less. You might be afraid of going through the application process and competing for a better job.

These are just a few examples. Consider the other parts of your life that are challenging. Can you see how fear is having a negative impact?

How to handle your fears that are holding you back:

Realize that fear is uncomfortable, but it isn't a good reason to avoid doing something. Fear is helpful if you're considering doing something physically dangerous. But at the end of the day, fear is simply a feeling.

There's no reason to let fear guide every decision you make.

Think about the fearful activity and simply breathe. Your body is unable to maintain a fear reaction in the long term. There's a psychological technique called "flooding." In flooding, a person is exposed to their fear without being allowed any reprieve.

Think about the activity that makes you uncomfortable and focus on taking long, deep breaths. Notice how you start to feel better.

Make a list of the ways that fear is holding you back. If some part of your life is in complete turmoil, it's likely that you made poor decisions in the past. How did fear affect your decision-making abilities at that time?

Remember the times you were fearful and still made a good choice. You've likely had times where you felt fear but managed to take the appropriate course of action anyway.

Remind yourself of those times and remember how strong you can be.

Practice dealing with discomfort. Take a situation that you find mildly uncomfortable. Perhaps it's eating peas or talking to an attractive member of the opposite sex. Force yourself to deal with small doses of the discomfort, and increase the level of exposure over time.

Although it's challenging to give up the habit of avoidance, you'll be surprised at how much you can tolerate.

Realize that discomfort and fear are frequently good things. If you're not doing anything that makes you uncomfortable, your life is likely to stay the same. It's only when you push your comfort level that new things can begin to happen.

Fear is the most common cause of challenges in life. Learn to work through fear and gain the ability to make positive choices. You'll boost your self-esteem and enjoy a happier life. Learn to embrace discomfort as a positive sign that your life is about to change for the better. Get started today!

The upcoming lesson will provide a way to deal with your challenges quickly and simply. That doesn't necessarily mean it will be easy!

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Here's what you need to do today:

Become more adept at dealing with discomfort in your daily life. This can be a little challenging, because we're programmed to seek out comfort. We're so quick to respond to any form of discomfort, our ability to withstand it is compromised. Rebuild that ability in yourself.

Here are a few ideas to stimulate your thinking:

- When you have the urge to get something to eat, make yourself wait another 30 minutes.
- When you feel like quitting an unenjoyable task, persist for another 15 minutes.
- Have challenging conversations instead of avoiding them.
- Refuse to engage in your most common avoidance/distraction techniques – cell phone, internet, TV, and so on.

MODULE 1: OVERCOMING OBSTACLES

Lesson 5: Direct Solutions

When you're trying to find a solution to any challenge in your life, you may feel uncomfortable considering the direct approach. These solutions often require more self-discipline, courage, and stamina than we're used to demonstrating.

However, most of us also know at our core that if we could just get ourselves to follow through on a direct course of action, our challenge would be resolved.

CONSIDER THESE SCENARIO:

If you want to lose weight, one possible direct solution would be to limit yourself to 2,000 calories a day and exercise for 60 minutes each day. There is no doubt that anyone who adheres to this program would lose a significant amount of weight. But how many people can actually get themselves to stick to it for 12 weeks?

SIMPLEST AND FASTEST

If you consider them closely, many of life's greatest dilemmas have rather simple solutions. The only real challenge is figuring out how to become the type of person who can implement a direct approach. Most of us spend a lot of time coming up with ways to work around our lack of discipline or courage.

This is why developing your self-discipline and your ability to take action when you're afraid are perhaps the most important areas of self-improvement.

When you work on these two attributes, your ability to implement direct solutions improves as well. You no longer have to take the long way around.

WHY DIRECT SOLUTIONS ARE CHALLENGING

While direct solutions seem reassuring because they'll obviously work, they're also disturbing. There's an obvious solution just staring you in the face, but taking action seems so challenging. So why do these approaches seem so daunting?

For your answer, try considering a direct solution to one of your challenges. Ask yourself, "Am I really willing to follow through on that? Am I willing to transform myself into the type of person that could take these actions consistently?"

What if the answer is "no"? Clearly, you were probably hoping for a "yes." But at least you now have your answer: if an obvious solution exists but you won't take it, you are the source of your own challenge.

Admitting this may not be easy. You may become aware that you're choosing to be timid or undisciplined. However, the discomfort caused by this realization can be enough to generate some of the personal changes you've been seeking and propel you toward the happier life that you deserve.

TIPS TO PRACTICE USING DIRECT SOLUTIONS

As with anything, practice makes perfect – or at least it makes it easier to accomplish what you desire! Try these tips to help you acquire the propensity to use direct solutions: Practice daily. As you go throughout your day, find tasks that you could do better or quicker with a direct action. Then do it!

Dare yourself. Come up with tasks that would be only a small challenge to you and dare yourself to do it. Make it something that would yield a positive benefit for you if you were to do it. This increases both your motivation and your skill at going direct.

Move on to more complex challenges. Break down your challenge into easier tasks, which, when completed, will result in resolving the challenge. Now, you're resolving your challenges. As you get more practice, move to more direct solutions.

As you learn to honestly evaluate direct solutions to your challenges, you'll discover that they provide multiple avenues for growth. Not only do they often offer the quickest way to achieve your goals if you have the fortitude to pursue them, they also give you opportunities to examine yourself. And what's not to like about that?

Direct solutions are effective. They are even more effective when your creative abilities are at their best. The next lesson covers creativity and how you can apply it to overcome obstacles.





Here's what you need to do today:

There are two parts to this assignment:

Continue building your ability to be uncomfortable. Expand your efforts from the last lesson.

Identify a significant challenge in your life. Create a direct solution to that challenge. Put it into action. Take note of the results. Can you improve your direct process further?

If you have time to upload your assignment you get 10 points!

MODULE 1: OVERCOMING OBSTACLES

Lesson 6: Get Creative

GET YOUR CREATIVE JUICES FLOWING WHEN YOU'RE UP AGAINST A WALL

Every writer experiences writer's block from time to time. However, writers aren't the only people that encounter mental blocks. You could be feeling stuck because of a challenge, with viable solutions eluding you. It's time to let your creativity help you with your challenge.

TRY THESE TECHNIQUES TO HELP RELEASE THE CREATIVITY YOU KNOW IS INSIDE OF YOU:

1. **Go for a run.** Or a hike. Or mow your lawn. You likely spend too much of your time cooped up in your workplace. Break that habit by seeking inspiration in the beautiful gifts of nature.
 - The secret to abolishing your creative block is to get out into the great outdoors and get your adrenaline pumping.
2. **Freestyle.** If you obstruct your creative process by being too rigid or expecting too much too soon, you'll send your creative juices into hideout indefinitely. Release the pressure and allow your mind to freely express itself.
 - Paint an abstract painting using colors you generally never use. Choose a topic that's close to your heart and just write the words that come to your mind without editing. Or, doodle in your notepad.
3. **Seek inspiration.** Read about how someone you consider a hero tackled their own challenges. Their methods could spark ideas for solutions to your challenges.
4. **Change the scenery.** Your office may be the cause of your creative block. After sitting in the same chair day after day, it can certainly take its toll on your ability to produce. Head to a coffee shop, park, or bookstore for a rush of energy that'll inspire you to create!

- Consider going to a mom and pop coffee shop rather than a franchise. Coffee houses like Starbucks and Panera Bread can be quite noisy and distracting.

5. Release your inhibitions. Many times, the fear of failure is the only barrier between you and success. Let your insecurities fall by the wayside and move forward with your ideas. Creative blocks are like pesky little summer gnats. You can put screens in your windows to keep them out, but a few always find a way to break through the netting. In much the same way, you have little say in when or where your mental blocks appear. All you can do is try to work through them, and strengthen your skills in the interim.

It's more challenging to be creative when your back is against the wall. In fact, just about everything is more difficult during times of stress. In the next lesson, you'll learn how to be effective when the situation appears to be hopeless.

Stay inspired!

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Here's what you need to do today:

Do something creative and out of the ordinary today. Write a short story, compose a song, draw a picture, or paint something. Then, expose yourself to something new and artistic. It could be a new genre of music or a local art show.

Get in the habit of focusing on your creative outlets on a regular basis. Then, when you really need your creativity to help you out, it will be ready and waiting!

MODULE 1: OVERCOMING OBSTACLES

Lesson 7: Proven Strategies To Help You Overcome Hopeless Situations

Whether it's the end of a relationship or the inevitable foreclosure of a home, some circumstances are simply beyond saving. Some situations have ~~to run their course and other plans need to be made. But hopeless events~~ don't exclude the possibility of better days ahead. If you're in a hopeless situation, letting go, learning, and moving on can be a great solution.

TRY THESE STRATEGIES WHEN IT APPEARS ALL IS LOST:

1. Let it go. If the outcome is inevitable, does obsessing over it ever help? This might feel like giving up, but how intelligent is it to continue with something that can't possibly be won? Make the decision to let go and get on with the rest of your life.
2. Purge your emotions. Hopefully, you already know several healthy ways to make yourself feel better. Perhaps you feel better after a long exercise session. Others feel relief after a good cry. Maybe having dinner with a friend will boost your spirits.
 - The key is to find a healthy solution. Drinking, drugs, and spending money irresponsibly are a few examples of unhealthy alternatives. Choose wisely.
3. Try to learn something. In most cases, hopeless situations are at least partially the result of poor decisions. Think about how you contributed to the situation at hand. Did you ignore warning signs when you first started

dating your partner? Did you take out a larger mortgage than you could afford?

- It's common to repeat our mistakes. What can you learn to avoid a repeat performance in the future? Imagine how great your life would be if you only made each mistake once.

4. Enjoy yourself. Now might be the perfect time to visit your favorite restaurant, take a walk in the park, or see a movie with a friend. Just because life has thrown a curveball doesn't mean you can't have a good time. Have a good laugh and forge ahead.
5. Keep up with your responsibilities. Your children still need your love and attention. The bills still have to be paid. Avoid letting the other areas of your life suffer.
6. Create a plan for the future. Looking forward to an interesting and exciting future may be the best way to move forward. If the future seems bleak, it's hard to be happy. Allow yourself to be open to the possibilities and create a compelling future for yourself. Then take one small step towards making that future a reality.
7. Make a list of all the things that fill you with gratitude. It's likely there are many people in the world with far more challenging circumstances. It can be easy to forget this fact. If you think about it, you have lots of things going for you. Make a list and add to it often.
8. Remember other situations in your life that seemed hopeless. Odds are you survived and ultimately came out on the other side more resilient and knowledgeable.

Hopeless situations happen. Not every situation is salvageable. Letting go and moving forward can be the best solution. Worrying has never changed the actual outcome of any situation. Allow yourself to enjoy life and create a future that keeps your eyes facing forward.

Looking forward, you'll next learn how to foster belief in yourself, regardless of your current circumstances.

Stay inspired!

A handwritten signature in black ink, reading "Viviana Puella". The signature is fluid and cursive, with a large, sweeping loop at the top.



Here's what you need to do today:

This class has no assignment woohoo!! But!!! We do have affirmations for you, make sure to repeat them throughout the week. Write any outcomes, challenges, questions and upload them to the assignment area to make sure you get your 10 points for this class.

MODULE 1: OVERCOMING OBSTACLES

Lesson 8: Believe in Yourself Through The Toughest Times

Hopeless?

You know all about hopeless situations and how to deal with them from the last lesson. You're now going to learn about building belief in yourself and your abilities, even if the situation is grim.

Your mindset will determine your level of success, or lack thereof. A positive mindset can empower you to abolish hurdles before they become too challenging.

It may be difficult to believe in yourself when everything around you seems to be crumbling into pieces, but keeping faith is the only way to trudge through the hard times and see yourself clear to better days.

Try these strategies to help you remain steadfast when you're feeling the pressure of tough times:

1. Reflect on the past. Surely, you've encountered seemingly insurmountable situations in the past. How have you succeeded in the most unpleasant scenarios? Clearly, your ability to overcome these situations speaks loudly for your strength and abilities.
 - In some situations, you may be able to emulate your past solutions by adapting them to fit your current situation. Other times, you'll be able to learn what not to do from past trials and tribulations.
 - The past needn't dictate your future. It's possible to reflect without working up old, unresolved feelings. This is a positive exercise. If you begin to feel negative emotions, move onto another technique, which can help you increase self-confidence in your abilities.

2. Act immediately. Rather than retreating into your personal cocoon when a situation becomes intimidating, address it immediately. The longer you allow a situation to sit without attention, the more urgent it will become. A perfect example is debt.

- Avoid cornering yourself with urgency by creating a proactive plan now. Or, better yet, have a just-in-case plan before the event ever happens. It's okay to take a few hours to create a plan of attack. But, if you're still brainstorming weeks from today, you may be stalling.
- Only you can be the source of a solution. You are in charge of managing your life and ensuring its success. Take pride in this power. After all, you're free - no one commands you! Your life is what you make it. And you can use your power to start off on the right foot each and every day.

3. Believe it. You will make it through. You've found your way out of a tough situation before. You'll do it now and again sometime in the future. There is always a way to get your head above the water - always. You'll get better at it once you gain experience.

- You have a fan base of supporters. Your children, spouse, and extended family are cheering you on every day. Chances are that no one doubts your abilities the way you do. In fact, they have faith in your abilities because you've proven your strength time and time again.
- As Bernice Johnson Reagon once said, "Life's challenges are not supposed to paralyze you; they're supposed to help you discover who you are."
- Now is as good of a time as any to show yourself what you're made of. Confirm to yourself that you're as strong and tenacious as you suspect yourself to be.

Everyone encounters hard times - it's simply a part of life. And a very major part of how you will address these hard times is dependent on your mindset and your ability to believe in yourself, even throughout the toughest of times.

Your mindset can be your best friend or your worst enemy. If you allow your mindset to

shift into negative territory, you'll end up with negative results. Remember, you attract the energy you exude!

The next lesson will teach you how to achieve your objectives despite failures.

Stay inspired!

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Here's what you need to do today:

This class has no assignment woohoo!! Think about the biggest challenges you've face in your life. How did your mindset affect the outcome? How would the outcome have changed had your mindset been different? What can you do proactively to ensure the same challenge is easier to face next time? If you feel like sharing, upload your assignment or post it in our Facebook group. You get 10 points!

MODULE 1: OVERCOMING OBSTACLES

Lesson 9: Overcoming Failures To Reach Success

The belief you gained in yourself in the last lesson will be useful when attempting to overcome the failures you'll inevitably experience over your lifetime. This lesson deals directly with overcoming failure.

The word failure is often used to describe a situation in which your desired goals were not realized at a specific point in time. There are many reasons that could have played a part in your goal not being realized and absolutely none of them have to do with your value as a person.

Let's break down some of the ideas behind unhealthy views of failure and see how taking a more positive approach can help you realize success:

- If you are trying out for the high school basketball team and you don't make the cut, this doesn't make you a failure. It simply means that under these specific circumstances, the coach didn't believe that you possessed the necessary skills to play on this particular team at this point in time.
- What much of the pain stems from when not reaching a desired goal is your attachment to outcomes. If you define your own value and worth as a person by whether or not you make a sports team, you're setting yourself up for that ugly seven-letter word.
- It is for this same reason that those who value trying their best regardless of the outcome have more confident and unwavering views of themselves.
- You too can have this view when you realize that you're not responsible for certain outcomes after you do everything in your power to achieve them.
- If you're not currently doing everything in your power to achieve an outcome, then start doing it today! If you already are, then sit back and relax, taking solace in the

understanding that you're doing everything you can and cannot ask more of yourself.

It may be worthwhile to step back and assess whether or not this is a matter of a deficit in a particular skill set or something in which allowing yourself more time to reach the original goal is all that is needed.

These are the questions that successful people ask themselves when encountering roadblocks to the outcomes that they want to achieve.

As soon as you begin attaching your self worth to these outcomes, you'll likely be overcome with emotion and less capable of using sound logic to increase your chances of success later down the road.

In order to overcome failure, you must experience a dramatic shift in your outlook on the meaning of failure and success.

No matter how much you want to be a Hollywood movie star, if the steps that you are capable of taking to bring yourself closer to that goal are limited at this point in time, you'll be subjecting yourself to a constant state of stress by continually expecting yourself to achieve greater results.

Patience will be your friend in changing your thinking about these fundamental concepts and it is also a virtue that nearly all successful individuals possess in ample amounts.

Remember: Never give up. Keep trying. Do the best you can and focus on the process instead of the outcome. The final result will be success!

In the next module, you'll learn about the importance of motivation in overcoming obstacles to reach your goals. You'll discover how to get motivated and maintain your motivation for the long haul.

Stay inspired!





Here's what you need to do today:

How has your view of failure impacted your thoughts and actions in the past? Imagine what your life would look like if you were free of the fear of failure. Share if would like to and get 10 points!

MODULE 1: OVERCOMING OBSTACLES

Lesson 10: Summary & Reflections

Setbacks and obstacle are par for the course whenever you're trying to do something challenging. Those that handle setbacks most effectively and efficiently are the same people that have successful lives.

Fear is a the most common cause of each obstacle you face in your life. Your previous decisions were made to work around your fears. Those "workarounds" are less than optimal solutions. The challenges you face today are the result.

Direct solutions provide fast results. These solutions are frequently the simplest solution, but are uncomfortable to implement. How much discomfort can you withstand to be successful?

Creativity is underappreciated. Many setbacks are little more than inconveniences when you apply your creativity to the situation.

Situations that appear to be hopeless rarely are. The key is to keep your cool and continue to work through it. Find a way to ease your anxiety and adopt a fresh perspective.

Belief in yourself is necessary to overcome failures and challenging times.

Congratulations!!! You have completed module one of this course and you have earned 100 points for your efforts. Keep going to the next module, it only gets better.

Stay inspired!





Self-Reflexion Exercises:

- What obstacles have I faced in the past? Was I able to overcome them? Do I think my performance would improve today?
- How has fear created the challenges I face today?
- When am I most creative? When has my creativity created a solution I would have otherwise missed?
- Have I allowed my past failures to influence my belief in myself? How is that affecting my current life experiences? Do I feel less capable of being successful in the future?

HOW TO OVERCOME CHALLENGES – CHECKLIST

- ___ 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.