

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
