

The Gift of Adversity Companion Journal

How many self-help books have you read? How many times have you taken a self-improvement course and left with great intentions, only to forget it all within a month, or a week, or a few days? We've all done it. We ready. We listen. We participate in the seminars (complete with upbeat music, emotional stories, personal accounts of overcoming, clapping, dancing, high-fives and hugs) with great expectations for the process and ourselves. Humans engage in all manner of self-helpery, often without the ability to apply the practices into our own lives. That said, I am not a professional psychologist, so please recognize that sometimes challenges create greater emotional issues than can be addressed in a few stories and journal entries. If this feels like the case, please reach out to a friend, doctor or loved one who can connect you with the appropriate people.

As an educator, I love to inspire growth and confidence. I feel compelled to make integration of information easy and accessible. I love how stories inspire and I am always looking for the lesson in every anecdote. It is fact that story and emotion help people remember and internalize a lesson. Exploring through writing is another way to turn any self-development into exploration of our emotional blocks and formulation of tangible plans for our futures. As a child, I recall feeling elated and somewhat relieved when a worksheet or workbook accompanied a reading assignment. While, I am not assigning anything, I am encouraging you to fully engage with the strategies in my book and those you find here.

The Gift of Adversity Companion Journal is a way to internalize and generalize my stories and strategies into your own life, through additional exercises and journal prompts. It is a free resource, so you might as well download it. You may complete every page and complete every single activity. You might use certain activities for yourself or your own clients. You may print it and then use it as fire-starter at your next camp-out. The choice is yours. Please enjoy the process of discovering and applying strategies to turn your own trials into triumphs.

This workbook belongs to: _____

Date: _____

Let's explore beliefs. Beliefs are stories we tell ourselves (or that others have told us) that we hold as truth. Often, we use them to guide us through life's challenges. Sometimes we use them as armour to protect us from real or perceived harm. Some examples are:

- Work hard and you will be successful.
- Blood is thicker than water (aka your family will always look after you)
- Get a good education and a good job and you are set for life.
- Pride is a sin.

We also create beliefs based on experiences that we have had. For example, I moved around a lot as a child, so I created a belief that I don't fit in. Maybe your parents or caregivers lived through challenge or trauma that impacted their (and by extension) your beliefs. A good example of this would be adults who lived through a war or economic depression may have a belief that one must always be prepared for some impending disaster.

Take a few minutes and write down your beliefs about success, money, love, family, beauty and relationships.

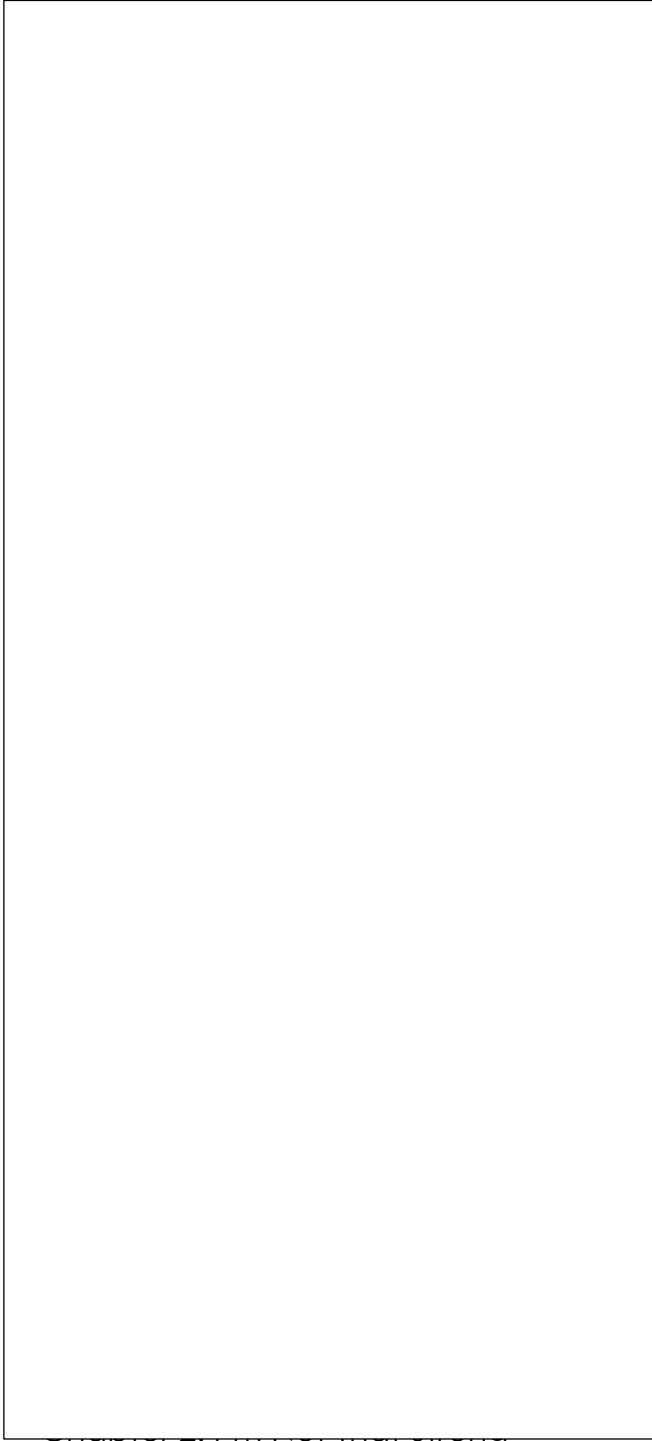
LOSER LIST: List of limiting beliefs and bullshit stories that makes us our most fearful self.

WINNER LIST: Traits, skills, experiences that Makes us special, unique and successful.

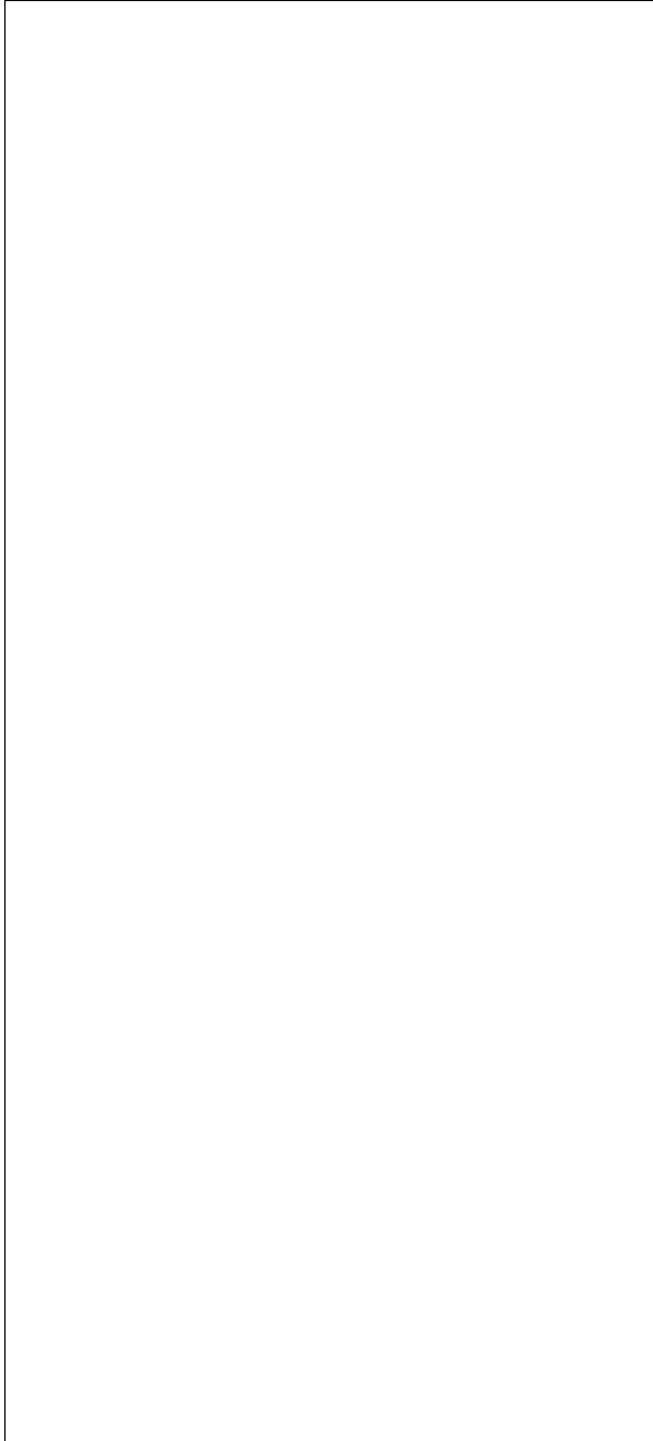


I need to add that I dislike the word *loser*, because it brings back memories of being taunted at each new school I attended. I'm not particularly fond of the term *winner* either, because it connotes superiority. I purposely chose these words to spark some emotion in you. Emotion helps us identify the ugly bits that keep us stuck. So dig in!

YA BUTS: List of justifications and excuses we use to justify the bullshit stories we tell ourselves, so we don't have to pursue the life of our dreams! An example of this might be, "I can't publish a book because I am not viewed as an expert. These are often phrases that start with some version of "I'm too..." or "I'm not..."



KICK BUTTS: Strategies to get past the challenge and live our BIG JUICY DREAMS. For example, I'm really great at building teams and supporting them. I also make a delicious lasagna! Nothing is off limits, so toto your horn!



Envy is natural and (to a certain degree) motivational. List a few of your idols, heroes or inspirational people. Then list the reasons why you admire them. Perhaps it is their level of success. Maybe it has to do with their personal traits or their lifestyle.

Write a list of all the things for which you are grateful and why you appreciate them.

Chapter 4: The Grit Under my Feet

COVER
THIS
SPACE
WITH
IMAGES
AND
PHRASES
FOR
ALL
THE
DREAMS
THAT
EXCITE
YOU!

Chapter 6: Failure and the Real Work

Use this space to reflect on this chapter and complete The Work on page 31.

your team. You set the direction and the pace, so make sure you aren't getting in your own way.

Advocate: This is the person who is closest to you. They know your goals and dreams and want them almost as much as you. They also know your self-sabotaging habits and can recognize them and call you out on them.

Coach/Mentor: Coaches and mentors are skills in the specific skills you need to achieve the life of your dreams. They should be better than you at that thing you want to achieve and have the track record to prove it.

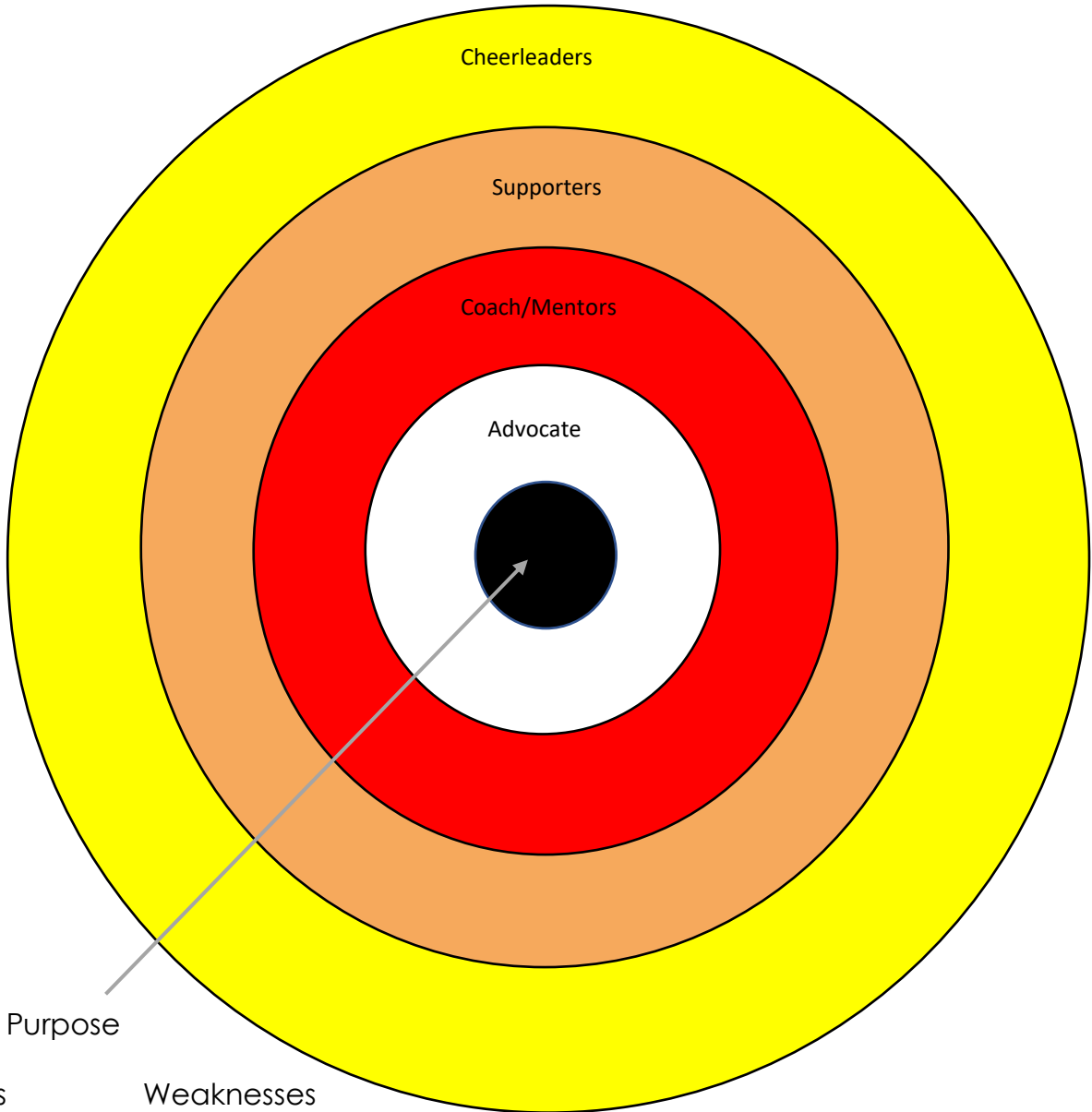
Supporters: Supporters are often in the arena with you, supporting you in ways that are not directly related to your goals. They might be baby-sitters, homework partners, editors, event planners, physical trainers or the neighbour that walks and talks with you every morning.

Cheerleaders: These people are the ones that keep the wind in your sails, even when you don't feel yourself moving. They watch and cheer and celebrate every tiny win. I was always surprised by the number and reach of my cheerleaders. Take time to appreciate and thank them. They make the highs joyous and lows bearable.

Nay-Sayers: These folks are the ones who make a point of pissing on your proverbial parade. They are the ones, who love to find fault and point out reasons why you should not pursue your best life. I love Brene Brown's quote from her book *Daring Greatly*. "There are a million cheap seats in the world today, filled with people who will never be brave with their lives, but who will spend every ounce of their energy hurling advice and judgement at those who dare greatly." It is best to simply exclude these people from that part of your life.

Use the diagram and chart in the pages to follow to identify your team members (and potential team members) based upon the gaps in your current team and personal skillset.

Goal: _____



Outcome: To _____ by (date) _____

- Actions: 1) _____
2) _____
3) _____

What are your strengths and weaknesses as they relate to your goal?

Who can fill the gaps in your team with skills and supports? List them below, then be strategic about enrolling them in your dream.

Be brutally honest about those who keep blocking your success with negativity. Then either have an honest conversation with them about their impact they have and how you want it to change. OR keep your distance.

YOU	Advocate	Coach/Mentor	Supporters	Cheerleaders	Naysayers
Strengths					
Weaknesses					

A series of horizontal lines for writing.

If you loved this book, I encourage you to watch for my next book, *The Myth of Success*, scheduled for release in the summer of 2022. You may also enjoy my Facebook page, *Feel Forward*, in which I share some writing and random thoughts. If you are interested in personal coaching, as you navigate those rough patches in your life, I may be reached at lisa@lisastandeven.com.

Please remember, it's all ok.