

# SIX (6) WAYS TO OVERCOME ADVERSITY

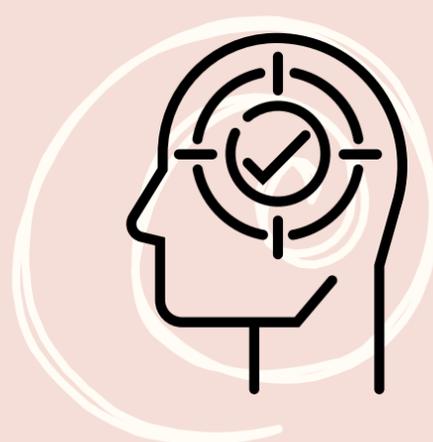


## Release Excuses

Don't shift the blame or deny your own role in current situations (Home, Work, Church, or School).

## Change Your Focus

Focusing too much on negativity can lead to a psychological phenomenon known as a Self-fulfilling prophecy. (inaccurate perception becoming your reality, Speak Life).



## Celebrate Your Accomplishments



Big or small acknowledge your accomplishments as they happen and have others join in with you! This will help BUILD Confidence & Self Esteem.

## Journal or Track Feelings

Write down your feelings, write or email someone who may be able to help you find your voice (home, school, work, church).



## Surround Yourself with Healthy Positive People

This is important as to how you will grow in the Body of Christ as well as outside the Body. People impact others positively or negatively. Choose your circle Wisely in the Body of Christ!



## Don't Be Afraid to Try Again

If REJECTION comes don't settle in it! Take a little time to prayerfully recalibrate, reboot, refocus, and Try Again! Let's dialogue!

