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Life sometimes throws uncomfortable situations at me, but I embrace them.

For example, moving to another country comes with immense challenges. Adjusting to a new culture forces me to question my social norms. But I am open to rethinking those lifelong norms in favor of understanding how others think.

**When I open my mind to cultural differences, I gain understanding.** It gives me the chance to embrace coexistence and harmony.

Things that are normally uncomfortable for me to handle become manageable when I open my mind. **I know that I have what it takes to evolve even when it is difficult.** When I lean on my inner strength, I am guided in a suitable direction.

Professional challenges sometimes leave me frustrated at work. But instead of giving up, I accept the difficult situation and adapt. The answers are always out there.

**Finding solutions enables me to develop and gain new skills.** While some answers are given to me, I use my keenness to find the ones that are more challenging to arrive at.

Today, it is wonderful to see my development that stems from taking on difficult situations. Making them learning experiences is the ideal way to grow from them. I look forward to ongoing growth from life's challenges.

## Self-Reflection Questions:

1. What are some of the most uncomfortable situations that I've had to deal with?
2. How difficult is it for me to find answers when I am facing immense pressure?
3. Which of my developed skills am I most proud of?

