



Secret Success Strategies for Overcoming Adversity

YOU CAN DO IT...HERE'S HOW.

BY ANDREA RICHARDS SCOTT

1. Never Give Up. In the face of adversity some people cower in the corner; others contemplate suicide and still others wallow in self-pity. **The first secret to overcoming adversity is to decide from the very beginning that you will never give up.** I'm reminded of a time when I was lost and I turned around. I was convinced that I had missed my turn and had traveled out of my way. I later found out that my destination was literally around the corner. Giving up when you're in the midst of adversity is very much like that. If you hang in there, you'll discover that your breakthrough is right around the corner. The next time you feel like giving up, hang on a little while longer.

2. Use Adversity. On the surface, adversity seems to have very little value. Certainly no one in their right mind would seek it out. Most people would do everything in their power to avoid it. But, if you are to overcome adversity, you must use it. In other words, find a way to make it work for you. **The second secret to overcoming adversity is to take a really good look at your situation and figure out the good in it.** Will it build endurance? Will it make you wiser? Will it smooth out rough edges? Why do you think you're going through this situation at exactly this time? Could it be that this adversity is preparing you for something greater. Many a success has been born out of adverse situations. Take a moment to mull over your situation and find out what's good about it.

3. Have An Attitude of Gratitude. It can be very difficult to be thankful in the midst of adversity. But it can always be worse. "I complained that I had no shoes until I met a man who had no feet," an anonymous man once said. **The third secret for overcoming adversity is to detail what you are grateful for.** Do you have health and strength? Do you have people who love you; a job and a roof over your head? Are you in your right mind? What you focus on will grow. So, focus on the good things you have. Focus your thoughts on the positive things you want to attract. Start a gratitude journal and begin to exercise your right to create a better life.

4. Keep Hope Alive. Many people live a life of quiet desperation. No matter what you're going through, you can begin to hope for something better. **The fourth secret of overcoming adversity is to see the possibilities in your situation.** Hope is like a ray of light shining through a crack in the wall of the darkest dungeon. Once you close your eyes to the light of hope you cut off all possibilities – that's where you get stuck. As long as you see the light, you know there's a possibility of basking in it – that's hope. Take a moment to identify your ray of hope...now hold on to it and don't let go until your breakthrough comes.

5. Expect It. I wonder why we are so surprised by the things that happen naturally. Everyone dies – eventually. Yet, we grieve and mourn – even when we lose someone that has lived a long life. Money comes and money goes, yet we're surprised; even depressed when we have none. Sometimes we're up and sometimes we're down. Life is cyclical. Face it, stuff happens. **The fifth secret of overcoming adversity is to expect it, deal with it and let it go.** Deal with the stuff life dishes out with grace. Bad situations don't define who you are. Label it and let it go.

6. Find The Lesson. Often, adversity comes to teach us a lesson. It has a way of molding us into the people that we were

created to be. While we don't enjoy pain and suffering, we would be emotional and intellectual wimps without them. A child is allowed to fall over and over again as he learns to walk and then run. Dealing effectively with various kinds of adversity polishes our rough edges. Besides, without a little rain, you wouldn't appreciate the sunshine. **The sixth secret to overcoming adversity is to find the lesson in your personal a trial.** You may not recognize the benefit now, but keep looking for the revelation.

7. Ask for Assistance. I've learned the hard way that it makes more sense to call in the experts to do what they do best so I can do what I do best. When things get out of hand, you may not be able to handle everything on your own. **The seventh secret for overcoming adversity is to ask for help.** Asking those close to you (people who love and support you) for assistance can be one of the best moves you make. Simply ask; you'll be surprised how many people are willing to help you succeed.

8. Identify Your Power Source. Everyone relies on someone; whether it's self, man or God. **The eighth secret for overcoming adversity is to know your source of power.** Self-reliance and independence is fine and often recommended. You know what you will or will not do. Reliance on others though sometimes necessary, can be scary. Some, like myself, choose to rely on someone greater than self - God. By drawing on your power source, you are guaranteed to overcome adversity.

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