

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

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