

MY TRIALS ARE BLESSINGS IN DISGUISE.

Hardships can enrich my life. It all depends on how I rise to the challenge. I can turn any set of circumstances to my advantage.

I look for the silver lining when dark clouds surround me. I know that any situation can be a golden opportunity.

I accept that there are ups and downs in life. I manage stress so my mind remains calm and peaceful. I think clearly and weigh my options. I consider the consequences before taking action.

I develop compassion. I empathize with myself and others for the discomfort and struggles that we experience.

I share encouragement and support with my friends. I recognize the value of teamwork. I lend a sympathetic ear and a helping hand. I accept assistance from others, and let them know how much I value them.

I turn to my faith.

Meditation and prayer protect me from becoming angry or bitter. I remain grateful for the blessings in my life. I look at the big picture. ***I accept responsibility for how my behavior contributes to any predicament.*** I consider the positive changes I want to make.

I persevere. I am willing to work hard for what I want. I remember my initial purpose, and deepen my sense of commitment. ***I consider myself a winner as long as I refuse to give up.***

Today, I look for meaning in adversity. I know that I have the ability to triumph over any obstacle. I greet challenges head-on so that I can learn and grow.

SELF-REFLECTION QUESTIONS:

1. Why is it important to stay calm during a crisis?
2. What would my life be like without any trials?
3. How can I develop relationships that will hold up during tough times?