

Life Challenges

ARM YOURSELF WITH EFFECTIVE COPING SKILLS



Workbook

**Learn constructive ways to deal
with common life challenges**

Cheryl Lacey Donovan

A decorative border consisting of a repeating pattern of blue circles. On the left side, there is a vertical orange bar that is wider at the top and tapers towards the bottom. At the bottom-left corner, there is a small blue square.

CHERYL LACEY DONOVAN

Overcome Life Challenges Workbook



Table of Contents

Never Let Obstacles Stand In Your Way	1
What Challenges Are You Facing	3
Are You Resilient?	10
Questions To Ask Yourself	12
Conditions That Help Improve Resilience	59
Internal Qualities	61
Analyzing Yourself	63
What Can You Control.....	76
Learning From Challenges You Have Overcome	85
Your Action Plan	93

Disclaimer: The information contained in this eBook is strictly for informational purposes. Every possible effort has been made in preparing and researching this material. We make no warranties with respect to the accuracy, applicability of its contents or any omissions.

Never Let Obstacles Stand In Your Way

You don't have to allow obstacles to stand in your way. You shouldn't just give up when you run headfirst into a wall. You have to assess the wall, figure out its weaknesses, and learn how to climb it, vault yourself over it, get around it or just walk right on through.

Everyone deals with obstacles in life. Some, of course, are greater than others. Nonetheless, they are obstacles. The truth of the matter is that you are capable of overcoming every obstacle that you will face in life. The key is knowing how.

We are all braver, more talented, more courageous, and capable than we realize. The mistake the majority of us make is we become focused on the challenge or obstacle itself when we should focus on our skills and abilities. You shouldn't focus on the thing that's holding you back, you should focus on what you're capable of. You can overcome any challenge life throws your way.

You may feel a bit silly at first, when you start whispering positive affirmations inwardly, reminding yourself exactly what you're capable of. However, this will help you believe in yourself. We have to believe in ourselves, we have to encourage ourselves, we have to love ourselves.

At some point on your journey, you will realize that your self-confidence has slowly risen, and you are now capable of batting challenges out of your way like a cat sweeps human stuff from its path. You are capable of overcoming; it doesn't matter how difficult the challenge is.

An obstacle is merely an opportunity, it just happens to be heavily disguised. Your ability to view an obstacle this way, however, will make a major difference in how you approach it. Sometimes, the obstacle is your opportunity to advance your career. Sometimes, it's a chance to meet someone special. The point is, that we have to be open to possibilities. Open mind, open eyes, open heart.

If it wasn't for the challenges you have faced in the past, there's a good chance you wouldn't be in the position you are today. You may look back and wish you had done things differently in certain moments, but who knows where those paths would have taken you. You are where you are because it's where you're supposed to be. If you don't like where you are, then it's up to you to change it.

You must focus only on what is within your control. Everything else is just wasted energy. What you can control is your level of focus, your level of effort, as well as your attitude and approach to life. Remain focused on what you *can* do, not what you can't do.

Focus on who will help you move forward, not who will hold you back. Focus on the rewards at the end of your obstacle. Focus on the lessons these challenges can provide you with for the future. Focus on making a plan to overcome life challenges.

No life challenge will disappear on its own. It's not something you can run away from; it isn't something to avoid. You must deal with it head-on, creating a plan allowing you to overcome. You might not be clear on what you should or could do, but you can start with your vision.

What is your goal, what would you like to accomplish? Now, break it into smaller sections, then into steps you can manage. There's your plan, you now have a concrete idea about overcoming life challenges. Follow your plan and go for it.

So, what is standing in your way? Is it a limiting belief? Are you making excuses? Are you trying to protect your ego? Have you painted yourself as the victim? Is it old programming? Are you dealing with an addiction, negativity, or self-sabotage?

What Challenges Are You Facing

Are you facing difficulty in life? What are you dealing with? We've made a list of some of the major challenges that people face in life, which ones are you faced with today?

I am dealing with a major life change (retirement, empty nest, job loss, divorce, separation, relocation, etc.).

This describes me

This doesn't describe me

I feel anxious about losing my partner or an older relative.

This describes me

This doesn't describe me

I am dealing with a loss.

This describes me

This doesn't describe me

I am dealing with a serious illness.

This describes me

This doesn't describe me

Someone I love is dealing with a serious illness.

This describes me

This doesn't describe me

I am dealing with relationship issues.

This describes me

This doesn't describe me

I am under a lot of pressure at work.

This describes me

This doesn't describe me

I am under a lot of pressure at home.

This describes me

This doesn't describe me

I just don't feel well right now.

This describes me

This doesn't describe me

I am deeply concerned about money.

This describes me

This doesn't describe me

The hassle of daily life really gets me down (commute, housework, noisy neighbors, etc.).

This describes me

This doesn't describe me

Are You Resilient?

Are you resilient enough to overcome life challenges? Let's focus on how you deal with stress and problems, where you feel strong or weak. Now, for each of the questions below, circle an answer of yes or no. You can mark it unsure if neither yes nor no feels accurate enough to you.

My work provides me with a sense of purpose.

YES NO DON'T KNOW

My personal life provides me with a sense of purpose.

YES NO DON'T KNOW

My worldview is positive.

YES NO DON'T KNOW

I feel as though I have enough time to pursue the activities I enjoy.

YES NO DON'T KNOW

I enjoy spending time outside with the people I love.

YES NO DON'T KNOW

I am good at creating solutions when faced with problems.

YES NO DON'T KNOW

I am happy to ask for help when I need it, whether it's from a co-worker, friend or family member.

YES NO DON'T KNOW

I eat well, exercise regularly, and look after myself.

YES NO DON'T KNOW

I feel as though I am constantly growing and learning when dealing with life challenges.

YES NO DON'T KNOW

I deal well with change.

YES NO DON'T KNOW

Life is active and busy but in a good way.

YES NO DON'T KNOW

There are things I do to relieve stress when I feel like it's creeping up on me.

YES NO DON'T KNOW

If you can say yes to all of these, then this is a good indication that you're a resilient person. You likely cope well with adversity and have no issues dealing with challenges.

If you answered yes to just eight of these questions, then you're fairly resilient. There are areas of your life where you can work on your resilience.

If you couldn't answer yes to at least seven of these questions, then it's an indication that you are easily overwhelmed, struggling with stress, and dealing with feelings that are interfering with your ability to bounce back.

No matter which of these brackets you fall into, this workbook will help you in your bid to become a more resilient person. This is an important part of overcoming life's challenges.

In what way does worrying influence me?

Conditions That Help Improve Resilience

Are there conditions you face that help you improve your resilience? There are certain conditions that make it easier to bounce back from stress, tragedy, and trauma. These protective conditions are important and the more you can say yes to, the greater your chance of overcoming life's challenges.

Answer yes or no to the statements below. You can also answer sometimes if this is a more accurate response for you personally.

I have a number of people in my life who are there for me. They offer me a non-judgmental ear and unconditional love.

YES NO SOMETIMES

I am heavily involved in a group that offers me purpose. It makes me feel valued and cared for.

YES NO SOMETIMES

I look after myself, extending compassion and kindness to myself by eating well, exercising, and sleeping enough.

YES NO SOMETIMES

There are people who believe in me and my ability to succeed.

YES NO SOMETIMES

My employer believes I can succeed.

YES NO SOMETIMES

Most of the time, I think positive thoughts and believe in myself. I believe I can achieve my goals.

YES NO SOMETIMES

I feel heard and valued in my personal relationships.

YES NO SOMETIMES

I feel heard and valued by my employer and co-workers.

YES NO SOMETIMES

I volunteer my time to help others.

YES NO SOMETIMES

I engage in activities and hobbies outside of work.

YES NO SOMETIMES

I am involved in at least one club, group, team or community.

YES NO SOMETIMES

I feel close to at least one person at work.

YES NO SOMETIMES

I have drawn clear boundaries with my family and friends and stick to them.

YES NO SOMETIMES

I have consistent and clear expectations at work.

YES NO SOMETIMES

I stand up for myself, can say no, and don't allow others to take advantage of my good nature.

YES NO SOMETIMES

I am capable of open and honest communication.

YES NO SOMETIMES

I am an active listener.

YES NO SOMETIMES

I possess good conflict resolution skills.

YES NO SOMETIMES

I have the skills to carry out my job well.

YES NO SOMETIMES

I have the training requires to do a good job.

YES NO SOMETIMES

I know how to build a plan to achieve the goals I set for myself.

YES NO SOMETIMES

Internal Qualities

We also possess internal qualities to draw from when dealing with life's challenges. These qualities assist us when we deal with life's challenges. You can make a note of which of these qualities you possess and which of them you would like to nurture. You won't be able to say you possess each of these qualities; there are probably three you turn to often when dealing with challenges.

It's good to know which of these you currently possess, what you may have relied on in the past, and others you can use to overcome current and future challenges.

Now, limit yourself to the three main qualities you use most often.

Relationships: The ability to form positive relationships, be a friend and have friends.

CURRENTLY RELY ON

ONE TO NURTURE FOR THE FUTURE

Service: The ability to give of yourself in service of others, whether it's people, organizations, social causes or animals.

CURRENTLY RELY ON

ONE TO NURTURE FOR THE FUTURE

Humor: The ability to laugh at one's self.

CURRENTLY RELY ON

ONE TO NURTURE FOR THE FUTURE

Inner-Direction: The ability to make decisions and choices based on our inner-direction and internal evaluation.

CURRENTLY RELY ON

ONE TO NURTURE FOR THE FUTURE

Perceptiveness: The ability to offer insight and understanding to a situation or of people.

CURRENTLY RELY ON

ONE TO NURTURE FOR THE FUTURE

Independence: The ability to distance one's self from people or situations that are unhealthy. A sense of autonomy.

CURRENTLY RELY ON

ONE TO NURTURE FOR THE FUTURE

Positivity: The ability to feel optimistic about one's future.
CURRENTLY RELY ON ONE TO NURTURE FOR THE FUTURE

Flexibility: The ability to adjust to change and cope positively with any situation.
CURRENTLY RELY ON ONE TO NURTURE FOR THE FUTURE

Learning: This isn't just the ability to learn, but a love of it as well.
CURRENTLY RELY ON ONE TO NURTURE FOR THE FUTURE

Motivation: One's ability to self-motivate from an internal place.
CURRENTLY RELY ON ONE TO NURTURE FOR THE FUTURE

Competence: The possession of personal competence, whether it's one thing you're good at or multiple things.
CURRENTLY RELY ON ONE TO NURTURE FOR THE FUTURE

Self-Worth: The possession of self-confidence and self-worth.
CURRENTLY RELY ON ONE TO NURTURE FOR THE FUTURE

Spirituality: Having faith in a higher power or something greater than yourself.
CURRENTLY RELY ON ONE TO NURTURE FOR THE FUTURE

Perseverance: The ability to keep on keeping on, even in the face of difficulty.
CURRENTLY RELY ON ONE TO NURTURE FOR THE FUTURE

Creativity: The ability to express yourself through your creativity, whether it's an artistic endeavor or otherwise.
CURRENTLY RELY ON ONE TO NURTURE FOR THE FUTURE

You can be your best self and improve your resilience by focusing on what is right with you, what makes you powerful, rather than what is wrong with you.

When you focus on your strengths rather than weaknesses or problems, then you can utilize them to overcome challenges.

- How can you do that? Just look up at the qualities in that last quiz.
- What do you already possess, what can you draw on?

