

Personal Strength

30 Key Tenets Of Overcoming Difficulties



Table Of Content

2	The Strength Within
3	30 Key Tenets of Overcoming Difficulties
10	You Can Overcome Your Difficulties

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.

The Strength Within

If there's one thing in life which we must all work hard to overcome, it's the difficulties that we face in life. Sometimes we have control and sometimes we do not but one thing that we can always do is make our situation/s better.

Easier said than done sure... but you'll need a little willpower, belief in yourself and a good support system.

Overcoming a difficult situation is not easy by any means but there are certainly ways to do it. You have to be willing to take action and do something about the situation in order to improve it. Nobody has ever sat still and overcome any adversity.

We have to develop personal strength if we are to be resilient and even effective at overcoming difficult circumstances... we must start somewhere.

30 Key Tenets of Overcoming Difficulties

If you've found yourself crumbling under life's difficulties, then we have some information for you to help you overcome them.

1. Realize That Your Difficulties Need to Be Dealt With

Being in denial will only cause you more problems and difficulties. You'll have to do a lot of catching up if you simply ignore your difficulties. If you want to change a difficult situation then you have to understand that you have a difficult situation.

You've taken the first step and now you're ready to tackle your challenges, but the good thing is you don't have to do it alone.

You can start by...

- Setting aside time specifically for working toward improvement/s
- Asking for help in getting to the root of your difficult situation

Making time for your well-being is crucial. Some people may be able to accomplish things and improve on their own but if you're too overwhelmed, it's ok.

Having someone to motivate and hold you accountable can be extremely helpful and valuable. So, don't be ashamed to ask for help. Most people do!

2. Ask Yourself Why?

Why is your current situation/s causing difficulty? Is it in or out of your control?

If your situation is in your control...

- You can do something to change it
- What needs to be done now?

If your situation is out of your control...

- You have to change your perspective and/or accept the situation as is.

If you don't know why, then you won't have an answer. There's always an answer to your difficulties but they may not be ideal.

However, you do have control of your mind and yourself and that's the most important thing.

3. Take Care of Yourself

Unfortunately, life throws us a curveball and it may be difficult to deal with. However, in the midst of these difficulties it's easy to neglect your health and this can be problematic.

You never want to want to get to the point to where you are your last thought.

If you notice something wrong:

- Get help immediately
- Make some important lifestyle changes
- Forget about what's not important

You are important and although external circumstances can be unbearable, remember that you can overcome anything. Making necessary lifestyle changes and neglecting things that only bring harm to you can and will improve your situation.

4. Don't Neglect Your Loved Ones

When you're going through a storm it's easy to forget about the well-being of others around because you're so concerned with yourself. However, you never want to shut out those close to you.

Family and friends are important for comforting you and vice versa. Our support system includes people that bring us comfort and positivity. We can also be the support system for someone else experiencing difficulties.

Although being selfish can be a good thing sometimes, nobody wants to struggle alone.

5. Be Disciplined

Overcoming difficulties take commitment and discipline. If we lose control in the middle of a chaotic situation, we prolong the pain.

How can we become more disciplined?

- Decide that you want change and to be happy.
- Involve others and inform them of your situation so they can hold you accountable.
- Create a daily routine and stick with it!

6. Develop Structure

Structure is absolutely necessary and vital to well-being. Just imagine if we had no structure in our society... **it would be a disaster!** There is a strategy to everything and everything requires a strategy.

With structure we create habits. Good habits allow us to overcome negative situations that we face on a daily basis.

Create the habit of managing your mind and body so you can be equipped to overcome!

7. Manage Your Stress

Stress comes with difficulty and excessive stress is detrimental to your health and life. If you're too stressed to manage your life, then you're in trouble.

Fortunately for you, there are ways to manage stress...

- Meditate
- Have good company
- Eat well
- Pursue what makes you happy

Difficulty and no leisure/relaxation is dangerous. You need to be able to give your mind and body time to recover in order deal with difficulty in a healthy way.

When you're burnt out from stress, you've got to take care of it immediately.

8. Leave Your Current Situation

Sometimes you have no choice but to leave your current place/situation. There's nothing wrong with going somewhere else if where you're at isn't working for you.

We are all different and our needs are different.

9. Quit What You're Doing

If you're not happy at a job or you just don't like your routine... then change it up. Quitting is not always bad if you have no interest in moving forward.

10. Be Productive

The worst thing to do is to not do anything at all. If you're somewhat productive at least you're on your way to where you want to be. Have some type of vision.

11. Do Something That Gives You A Sense of Fulfillment

We all have a passion of some sort. Fulfillment is found through doing something that makes us feel good. Something important that we can become a part of is satisfying.

12. Join a Support Group

This may sound unpopular but a group of people which are going through difficulties themselves can be great support for your situation.

You can find one nearly anywhere, whether it be a specific group or even a church.

13. Get New Friends

You can't get new family (Although you can choose your company) but you can get new friends. Sometimes you have to let people in your life go.

It's just a normal part of life. They may be holding you back and causing more headache than necessary. Your health is important.

13. Work on Becoming a Better Person

We find out who a person really is when faced with difficulty. Often times we are experiencing unnecessary difficulty because our attitudes preventive from overcoming tough situations. You'd be surprised how a different mindset could change everything.

14. Have a plan

Often times we fail because we have not planned properly. Have an idea of where you'd like to be in life. Even the things out of your control can be better managed with a good plan.

No big business succeeds without a plan.

15. Don't Allow Yourself to Get Overwhelmed

There's nothing wrong with saying no to something. Unnecessary stress and responsibility can contribute to great difficulty in life.

You do what you can and what allows for you to maintain your inner strength as a person. Take it back a notch and start with the essentials.

17. Don't Try to Please Others

If your boss requires something of you, then by all means do your best work. However, we often run into people who require too much from us.

Many times, these people are not concerned with our well-being. In this case it's ok to walk away. If something doesn't seem right, then you only have to please yourself with the right decisions. You'll thank yourself later on.

18. Stick to Your Beliefs

Overcoming difficulty is challenging enough. You know what is right and wrong. Don't let any circumstance/s or person pull you away from your beliefs (Unless you see a better way to do/think about something).

The only wrong thing is if you don't feel right about something. **Trust yourself!**

19. Decide Who You Want To Be

Often times we are defeated by difficulty because we don't yet know enough about ourselves. Knowing ourselves is a powerful weapon against adversity.

We become more confident with our situations when we understand what we're capable of when it comes to personal strength.

20. Have Purpose in Everything That You Do

Purpose creates personal strength. Purpose prevents us from wasting time. Purpose is crucial to overcoming difficulties in life.

Make the decision to do things with purpose because you owe it to yourself. When you have purpose, you can rest assured that you're doing the best you can.

21. Understand That Your Experiences Are Meant to Better You

Nothing we experience is wasted because everything is a learning experience. We will often find that the things we go through are our greatest teacher in life. Without our struggles we lack a personal strength that is developed over time.

Learning is a part of life that we must experience.

22. Learn

Learning is one of the most powerful things we can do. If you want to overcome something, then learn what you need to do in order to overcome it.

Life's lessons are incredibly valuable, and you'll learn things that no book or computer can teach you. Make it a priority to learn through any and all circumstances. You'll soon see how learning is an amazing resource.

23. Believe in Yourself

Many people fail at overcoming obstacles in life because they don't believe in themselves. A lack of belief in oneself is one of the biggest reasons for unhappiness and regret.

The more you believe in yourself is the more confidence and power you'll receive. If you lack belief, you'll never overcome anything that gets in your way.

You can accomplish great things if you'd just believe in yourself! Don't let your mind tell you otherwise.

24. Watch Your Words

The tongue can be responsible for life and death. Don't ruin your chances of overcoming all obstacles by speaking negativity.

Speak positive words and you'll start to believe that what you're saying is absolutely true. This is an important step if you want to overcome a difficult situation.

Make time daily to speak to your situation and you'll soon realize that it's easier to overcome difficulty than you thought.

25. Remember That Nothing Lasts Forever

Everything comes to an end at some point. Struggles come and go but if you have a good handle on your life and situation/s, you'll be affected by difficulties less often.

We go through seasons in life, but these situations do not define us by any means. Move along and do what's important while leaving the past behind you. You'll help yourself to be mentally better and eliminate unnecessary stress.

26. Help Someone Who is Worse Off Than You

Helping others who have it worse puts things into perspective. You might think... well my situation may not be as bad as I've made it to be.

Now, maybe your situation is bad but helping someone else to get through something is incredibly satisfying. We are all in this together and nobody wants to fight life alone.

Just be someone who can be a role model and a present help in time of need. Isolation is the worst thing we can do to get out of a rut. We see no progression and it makes things much worse.

27. Be An Example

Sometimes we become selfish when dealing with difficulty because we don't realize that we all need to be an example to someone else.

A bad situation can cause someone to become bitter and a not so desirable person to be around. Other people see the decisions we make and the things we say.

If you want to become better at handling difficulty, learn to be a good person and things will be less bumpy along the way.

28. Be Thankful

One of the best things we can do to overcome a difficult mindset is to be thankful. When we show gratitude, we start to have a better outlook on life. We start to see the positive rather than the negative.

When we are thankful, we get an energy that allows us to see the importance in life. To be thankful is one of our greatest gifts in life.

The universe gives back to us when we appreciate our existence and reach out to help others.

You want to show gratitude?

- Meditate/pray daily
- Treat yourself and your health with respect
- Write down the things you're thankful for

It could most certainly be worse but there's something positive we can all identify. This

29. Never Give Up

The last and one of the most important keys to overcoming difficulty is to never... and we mean NEVER...give up!

Don't succumb to your circumstances because the moment you give up is the moment you surrender your life. Giving up is not an option for anyone as we all have special purposes.

Difficulty is an external problem but as long as you are alive you have the ability to be an *OVERCOMER*.

30. Continue to Overcome

The fight doesn't end when you've overcome something. Life throws difficulties at us but we must maintain composure and handle them accordingly. Never let them get out of your control.

You Can Overcome Your Difficulties

Difficulties will come and go. They're a natural part of our existence but we don't have to let them hold us back in any way. When we lose control of our situations, we lose control of our lives.

Fortunately, there are things we can do to better ourselves and our situations. We may never be able to overcome a tough situation on our own and that is why having people that care near to you. Any support system is a good one as long as it's positive. Seek help if things get to become too much out of your control.

It's easy to get discouraged but rather than wallow in our problems, we'd be better served to tackle them strategically. Be smart and take the necessary steps to get yourself back to normal.



THANK YOU

Please visit us at

www.AIHCP.net