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To grow within, so WE can serve beyond. -Ted Zotos, Ed.S.

## **10 Steps to Overcome Adversity**

(adapted from the works of Jimmy Rex & Ben Newman)

### **1. Be Prepared**

Develop a strong support system by cultivating meaningful relationships. The people in your life will help you navigate challenges.

### **2. Cultivate a Resilient Mindset**

- Practice daily gratitude—focus on what you have rather than what you lack.
- Ask questions rather than making assumptions.
- Listen more than you speak.
- Use the "Pause-Paraphrase-Check for Understanding" technique to improve communication.
- Control your attitude, actions, behaviors, and efforts.
- Reframe negative emotions into positive opportunities.
- Use "I AM" statements to visualize and reinforce your potential.

### **3. Develop Disciplined Habits**

Success is built on consistent, intentional actions. Establish daily habits that set you up for victory.

#### **4. Maintain Intentional Focus**

- Keep your purpose and "why" at the forefront of your mind.
- Identify what or who fuels your passion—your "BURN!"
- "Show up today for your future self; you never know who will need you."
- Engage in actions that release dopamine (reward) and oxytocin (love) to maintain motivation.

#### **5. Find the Lesson in Every Challenge**

- How quickly can you move on from negativity?
- Look for the "gifts" hidden in adversity. Every struggle holds a lesson.

#### **6. Sharpen Your Skills**

- Success leaves clues—study those who have achieved what you aspire to do.
- Continuously refine and develop your expertise.

#### **7. Learn from Others**

- Surround yourself with people who inspire and challenge you.
- Identify and connect with those who can help you grow.

#### **8. Choose Your Peer Group Wisely**

- Do your friends uplift or drain you? Be mindful of their influence.
- Intentionally seek relationships with skilled, growth-minded individuals.

#### **9. Invest in a Coach or Mentor**

- A coach provides guidance, accountability, and a roadmap to success.
- Investing in personal development accelerates your growth.

#### **10. Never Give Up**

- Keep pushing forward, even when things don't go as planned.
- Find at least one positive takeaway from each day—tomorrow is a new opportunity.
- Adversity is personal.

**"We grow through adversity—embrace the challenge and rise."**