

OVERCOMING CHALLENGES



"Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you've had everything to do, and you've done it." -Margaret Thatcher



We all have a certain amount of time here on this planet. And none of us knows how much. So how do we want to spend the time we have? What perspective or attitude do we want to have while we are here? Do we even contemplate the philosophy we want to adopt or think what thoughts we want to be having or thinking?

Do we welcome challenges or are we afraid of them? Do we have confidence we can overcome the problems we face?



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"To succeed you must first improve, to improve you must first practice, to practice you must first learn, and to learn you must first fail."
-Wesley Woo

So the first step in overcoming challenges is being willing to try to confront and handle them. What is the problem at hand? Is it simple or complex? Are there solutions for the difficulties? Are the fixes to the problems clear or convoluted?

Once this is assessed we can begin the problem solving process. We can brainstorm all the possible answers to these circumstances.



Then we can choose or prioritize which of these possibilities would be best to try first. Following that, we could implement these ideas one by one. In that way, we can see what choice is working best and continue with those. Ideas that don't work can be replaced with the next idea on the list.

Identifying Challenges & Where to Get Help

- Are finances getting in the way or holding you back? Perhaps savings are available to help or speaking to lending institutions may be the way to go.
- Is disorganization slowing everything down to a snails pace? Laying the groundwork and setting up good systems first, will help speed the process.
- Disagreement and difference of opinion can cause poor moral. Setting aside time to discuss and listen to all parties involved goes a long way towards greater harmony.
- Fatigue and stress are often a challenge for everyone. Sufficient rest and time for yourself are usually what the Dr. ordered!



"Perseverance is not a long race; it is many short races one after another."

- Walter Elliott

When we are stuck, we may not be able to take effective action. So we may need to look at what we need to get motivated to solve the problem. Do we need to take a more positive slant? Do research or homework on the problem? Get help or support for managing projects and completing them?

