

# LESSONS FROM ADVERSITY

Podcast summary: August 2019



## DON'T TAKE IT PERSONALLY

By taking things personally we are giving others more power over us than we have for ourselves. The next time you are faced with a challenging situation, be true to yourself, seek understanding and focus forward to find the opportunity that lies within.



## TAKE 100% RESPONSIBILITY

You cannot make progress and excuses. It only takes one tiny excuse to stop you acting on the future. Ask yourself "in what way have I been responsible for creating these circumstances?" Move from blame to aim and take 100% responsibility..."if it's meant to be it's up to me!"



## FORGIVE... IT'S GOOD FOR YOUR SOUL!

Use your energy resourcefully. Bitterness weighs heavy and can manifest itself in many undesirable ways. Keep channels of communication open and make peace with the situation and with others involved.



## LET OTHERS KNOW YOUR VALUE

In amongst the chaos, let others know you are still worth backing. Ditch the sympathy vote quickly and make yourself an attractive prospect to be around.



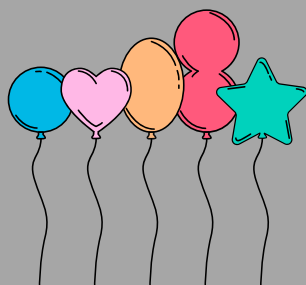
## PROJECT CONFIDENCE

You attract what you project. If you are a portrait of bitterness and resentment, anger and drama is what you'll receive. Get out of survival mode, release the safety rope, stand tall and welcome the new opportunities that lie ahead.



## FOCUS ON OTHERS

Ego is a powerful thing but can become ugly when the total focus is on yourself. Place focus on your service to others. Be a better leader, a better partner, a better parent. The more you give the more you will receive in return.



## EMBRACE DIFFERENCE

Everyone has something to offer. See the good in others. Don't try and change others so that you can feel better about yourself. Face up to your own shortcomings and work on yourself first.



## DEMAND MORE FROM YOURSELF

Be the best version of you in all you do. Be relentless in seeking new and better ways of doing things. Stay ahead of the curve, not because others ask you to, but because it is your own standard.

## FREE INSIGHTS!

We hope you find this resource valuable. For access to the full library of podcasts and resources please go to the Insights section of our website [www.naturaldirection.co.uk](http://www.naturaldirection.co.uk).

We'd also love you to connect with us:



BY: MARTIN COBURN, MANAGING DIRECTOR