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My daily life is full of many different types of situations. Some are positive, and they bring me joy and laughter. Other events have the potential to be negative. **When faced with a challenge, I thoughtfully consider my choices and select the option that best meets my needs.**

Some situations bring adversity and circumstances that are hard to endure. I believe I can prevail over these situations as well.

My life path gets rocky when a devastating event occurs in my life. Perhaps someone close to me experiences an illness that I find challenging to cope with. The road I am travelling on life's journey holds many unknowns. **Regardless of the misfortunes that take place, I know I can deal with them.**

I manage life's difficulties by using a variety of methods. Using positive self-talk, reminding myself of prior challenges I navigated successfully, and allowing myself time to process a situation all help me to confront rigorous challenges.

I take time to ponder what is happening and gather my courage.

The strength inside me ensures I overcome life's adversities.

Today, I remind myself that regardless of the challenges I face, I have the power to overcome them. The bounty life offers is waiting to be embraced. I am stronger than I can imagine, and I can triumph over the rough spots in life.

Self-Reflection Questions:

1. How do I encourage myself to overcome the hardships in life?
2. When something upsetting occurs, how do I react?
3. What are some specific methods that I use to deal effectively with misfortunes?