

CHALLENGES: Stand Up and Stand Out

Positive Ways to Deal With Challenges and Adversity

Remember, it's not what happens to you,
it's what you __ _ about it.

Choose to have a positive __ _ _ _ _ _ ,
it's one of the most important choices you will ever make.

Look for the __ _ _ _ .

See the opportunity in __ _ _ _ _ _ _ _ _ ,
not the difficulty in __ _ _ _ _ _ _ _ _ .

Remember, you can __ _ _ _ _
and grow from misery and __ _ _ .

Don't ever __ _ _ _ up.

I am determined to be __ _ _ _ _
in whatever situation I may be
for I have __ _ _ _ _ _ from experience
that the greater part of __ _ _ _ _ _ or misery
depends upon our __ _ _ _ _ _
and not our circumstances.

Describe what you have learned
about dealing with challenges
and adversity.

